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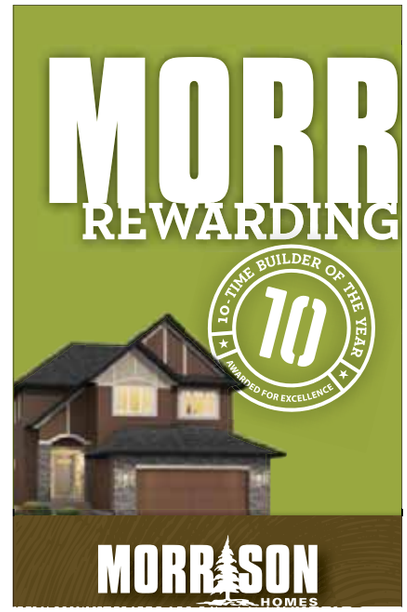

Pope's plea for the poor

Speaking in front of sheiks and presidents, Pope Francis lays out the priorities of his pontificate PAGE 12

First World problems

Cyprus may face bankruptcy after unpopular tax voted down. Elsewhere, Lululemon is recalling pants! PAGE 14

A DECADE OF LAUGHS

'POWERFUL,' 'INFLUENTIAL,' BUT MOST IMPORTANTLY — FUNNY. METRO'S FILM GUY TAKES A LOOK AT EVERYONE'S FAVOURITE PALIN, AHEM, COMIC PAGE 19

Calgary downtown culture hub Art Central is likely to close as the building's owners look to redevelop the site.

KATIE TURNER/METRO

Art Central facing closure

Pushed out.

Current arts hub could be replaced with a taller downtown building

KATIE TURNER
katie.turner@metronews.ca

Tenants of Calgary's Art Central have been told to find new space as the building's owners look to redevelop.

Since late 2004, the downtown building, located on the corner of 7 Avenue and Centre Street S.W., has been a hub for around 50 artist studios, galleries and shops.

In late January, tenants were informed by Allied Properties REIT that discussions of redevelopment of the location were underway.

"We're just trying to give them (an) extremely ample heads-up," said Alec McColm, western regional director with Allied.

He said details are still being worked out, but should the redevelopment happen, it likely wouldn't begin for at least a year.

According to McColm, the plans are to replace the current building with a taller structure that may incorporate commercial and residential spaces.

"Sooner or later, they (the tenants) are likely to hear that on the street anyhow and we wanted to give them the courtesy of the first heads-up on it, but it's probably quite a ways down the road yet."

As one of the original tenants, Janine Vangool, publisher, editor and designer of UPPERCASE magazine, said she'll be sad to leave. She credits the community at Art Central for inspiring her to evolve her business over the years.

"We're going to have to go somewhere else and there won't be any Art Central as a community anymore," she said, adding she's already seeking new space. "It's going to be hard to leave it and think that it's going to be redeveloped, whatever that actually means."

Calgary Arts Development, also a tenant of Art Central, was unable to comment directly on the closure of the space, but issued a statement from president and CEO Terry Rock.

"Access to adequate space is a crucial part of a healthy arts community, and the loss of artistic space, regardless of its ownership, is a concern for the arts in Calgary," said Rock.

"Calgary Arts Development believes that downtown landlords understand the role the arts play in vitalizing their buildings, and we are happy to work with building owners interested in incorporating arts uses to make their properties more valuable."

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U of C.
Prez vows to take budget challenges 'head on'

Calgary's biggest university is still aiming to educate approximately 32,000 students this fall, despite what the institution's president referred to as "deep" cuts to provincial funding.

Dr. Elizabeth Cannon indicated Tuesday, however, that smaller-enrolment programs at the University of Calgary were being analyzed for efficiencies along with timelines for ambitious research goals. Chief among those initiatives is the Eyes High strategy that intends to turn the U of C into one of Canada's top-five research universities by 2016.

"It's not just making rash decisions," Cannon cautioned. "We have to be very careful, because if there are things that are unique, that are serving a very important role in our internal university community and externally, we don't want to give those up."

Overall, the university will receive $38 million less from the province than it did for the current school-year.

Advanced Education Minister Thomas Lukaszuk also indicated Monday that he would be sending out draft mandate letters to all institutions no later than Tuesday that would begin to outline each one's role in the provincial post-secondary landscape. Those letters could then be revised during consultations with education leaders and the ministry before final copies are drawn up next month.

U of C senior officials, faculty and staff will gather for the first of two budgets Thursday.

JEREMY NOLAIS/METRO

On video.
One guard fired after aggressive incident

Chinook Centre announced Tuesday it has fired one of the security guards involved in an aggressive takedown of a Calgary man.

"Disciplinary action included the dismissal of one individual and we will take further actions as more details emerge from our investigation," said Peggy Lim, the mall's marketing director, in an email to Metro.

"We wish to advise that disciplinary action was taken as of Sunday, March 17," Lim added.

She said the mall cannot discuss the matter in great detail, citing an ongoing police investigation into the Saturday-night incident, which was captured on video.

At one point, the video depicts four guards holding a man to the ground, while a fifth guard approaches and appears to deliver three punches to the man's side.

ROBSON FLETCHER/METRO

3 vehicles involved.
One dead, another critically injured following crash

One person was killed and another was critically injured in three-vehicle crash Tuesday afternoon on 16 Avenue N.W., according to Calgary police.

The crash happened shortly after 4 p.m. in the westbound lanes near Crowchild Trail, police said, trapping two people inside the wreckage.

Police shut down 16 Avenue in both directions from 29 Street to 19 Street N.W. and major traffic delays were expected.

Banff Trail and University Drive were also closed in both directions.

Police are continuing to investigate what led to the crash. Anyone with information is asked to call 403-266-1234. METRO

Where to go from here?

New contract proposal.
Calgary Public Teachers' Association leader says it 'will all come down to what's the will of the provincial government'

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary public school trustees planned to press ahead with their own debate on the merits of a new contract proposal for teachers despite news the second-largest school board in Alberta had ruled against the deal.

On Tuesday afternoon, Edmonton Public School Board trustees unanimously voted against recommending the contract, which comes with a three-year teacher salary-grid freeze, a two per cent wage hike in the fourth year, a commitment to cap instructional hours and other powers over legislative changes to education.

But Pat Cochrane, trustee chair for the Calgary Board of Education, said her board was still intending to form a position on the contract; however, she refused to specify when it would be discussed and voted on.

"When I have something to tell you, I'll tell you," she said.

But the question remained late Tuesday whether EPSB's recommendation would terminate the deal, regardless of other boards' positions — wording in the agreement states it would require unanimous support to be passed.

"It now will come down to what's the will of the provincial government.... I don't know where we go now," said Frank Bruseker, president of the Calgary Public Teachers' Association.

Edmonton's rationale

Edmonton public school trustee chair Sarah Hoffman told reporters Tuesday her board felt the new deal for teachers would prove too costly and erode local decision-making.

Calgary trustee chair Pat Cochrane kept her board's cards close to the chest Tuesday afternoon as peers in Edmonton unanimously voted against a tentative deal for 35,000 teachers in Alberta. METRO FILE

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Crime. Calgary cops identify homicide victim

Calgary's fifth homicide victim this year was a man who was stabbed on the weekend near the Calgary Drop-In & Rehab Centre, investigators say

Police were called at about 6:30 a.m. on Sunday to Dermot Baldwin Way where they found a man suffering from stab wounds. He was transferred to hospital but declared dead on arrival.

The victim was John Gordon Walmsley, 42, of Calgary. According to the Medical Examiner's Office, he died of stab wounds.

Staff Sgt. Grant Miller of the homicide unit said police don't believe Walmsley was a client at the Drop-In.

"I believe he was involved with social agencies in the area but not specifically the Drop-In centre," he said on Tuesday.

Miller said investigators are reviewing video captured by cameras outside the Drop-In as well as City of Calgary CCTV cameras, but it's unclear how many suspects they're looking for.

"We're still in the process of asking people to come forward but we do believe, in that community, people are going to have heard what happened and who's responsible and we want those people to contact us," he said.

Those with information are asked to call the Calgary Police Service Homicide Tip Line at 403-428-8877.

KATIE TURNER/METRO

Staff Sgt. Grant Miller says police have spoken to more than a dozen witnesses in their murder probe and are hoping more will come forward. KATIE TURNER/METRO

Report. No mechanical failure in Antarctic crash

There were no mechanical problems with a plane that crashed in Antarctica, killing three Canadians, preliminary findings by the Transportation Safety Board suggest.

The small Twin Otter, operated by Calgary-based Kenn Borek Air, slammed into a steep snow- and ice-covered mountain slope in the Queen Alexandra range on Jan. 23.

"The impression that we've got at this particular point in time is that the airplane was under control. So we weren't dealing with a mechanical failure," board investigator Mike Tomm said on Tuesday.

He said some GPS data from the plane has helped classify the crash as a "controlled flight into terrain accident." The plane's cockpit voice recorder also has been examined but the box didn't record the flight.

The men on board were pilot Bob Heath of Inuvik, N.W.T., and crew members Mike Denton of Calgary and Perry Andersen of Collingwood, Ont.

THE CANADIAN PRESS

Calgary Police Commission chair Mike Shaikh says he expects overtime costs to run over budget each year. METRO FILE

Police spend $2M more than planned on OT

Price of policing. Law-enforcement advocates say costs difficult to predict

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary police appear to have burned the midnight oil last year, racking up $2.1 million more than the force budgeted for overtime.

That figure was higher than the $1.8 million overtime overage reported in 2011, but still well short of the $5.4 million in extra costs incurred in 2008, which came at the peak of a gang war and abnormally high homicide rate.

"We're always looking at ways to lower that cost — it's an ongoing focus of the service to try to manage overtime as best we can," police spokesperson Kevin Brookwell said. "It's difficult to do when you have no control over a lot of the events that are driving it."

A fourth-quarter report published by the force specifies that $371,000 in extra costs came through covering turnover and short-term illnesses of civilian staff in key positions. The report also makes clear that the extra overtime was offset by savings in other areas of the police budget.

Total overtime for 2012

$10.1M

The Calgary Police Service spent $10.1 million on overtime in 2012, according to data from the Calgary Police Commission.

Calgary Police Commission chair Mike Shaikh said his group budgets "conservatively" on overtime and he expects costs to run over every year.

"We always budget less because we don't want people to think, 'Oh, the budget is there, let's go spend it,'" he said.

Ald. Shane Keating, who sits with Shaikh on the commission board, said the additional costs become an issue only if it's routinely the same department or station tallying extra hours.

"I would hate for us to over-budget and then have extra personnel around if it wasn't necessary," Keating said. "We're paying it either way, to some degree."

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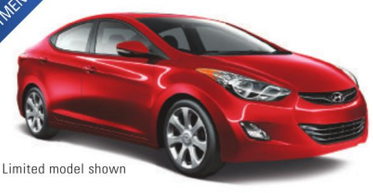

Limited model shown

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Limited model shown

2013 TUCSON L

HWY: 7.7L/100 KM
CITY: 10.4L/100 KM▼

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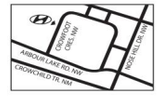

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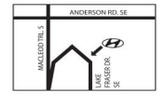

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Impact of Calgary 2012 'will be felt for many years to come'

Cultural capital. National designation helped highlight Calgary's burgeoning arts scene and left the city with some cash too

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's designation as Canada's cultural capital for 2012 didn't just boost the profile of the city's arts community, it also left money in the bank for future projects.

That's according to a final report on the impact and legacy of Calgary 2012, presented to the public Tuesday, which outlines $325,000 in "cash legacy" and $270,000 worth of tools — including InvestYYC.com, a crowd-funding platform — that Calgary artists can make use of going forward.

"Leaving a tangible cash legacy wasn't part of the original bid or vision," said Calgary 2012 executive director Karen Ball. "We're able to do this because of the tremendous support that we've received from the private sector and matching incentives from the province of Alberta."

Calgary 2012 co-chair Doug Mitchell described last year as "remarkable" for the development of the city's arts scene.

"The effects of Calgary 2012 will be felt for many years to come," he said.

Mitchell noted every dollar in Calgary 2012 grants was leveraged into $7.70 when factoring in other sources of funding for arts activities.

In total, that added up to $9.6 million in project grants, according to the report.

Legacy in dollars

How the $325,000 "cash legacy" breaks down:

- $100,000 raised and matched in Cultural Leaders Legacy Awards
- $100,000 legacy grant for "Making Treaty 7" project
- $75,000 in matching funds and support for InvestYYC.com
- $50,000 in support of Calgary's Arts Plan

But Ball noted only 16 per cent of grant applications were approved, and many more deserving projects could have easily been funded.

Calgary 2012 executive director Karen Ball presents a final report on how the designation impacted the city at the Jack Singer Concert Hall on Tuesday. ROBSON FLETCHER/METRO

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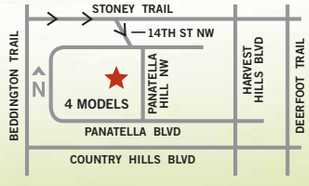

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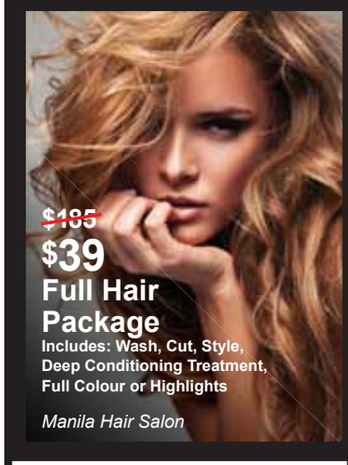

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Global issues. U of C revives program for high-achieving high schoolers

Bruce Gao was a big-dreaming teen lacking a little confidence.

The now-18-year-old Calgary resident and a partner had come up with an idea for a smartphone app that provided guidance to properly align solar panels for optimal use.

"I had been sitting on it for awhile but I never really had — I guess you would say — the balls to make it real," he said.

But then he enrolled in a program run by Shad Valley International, which provides guidance to youngsters on using their talents to solve global issues.

A short time later, Gao is sitting pretty with 500 downloads of his app, called SimplySolar, and he has eyes on mass-marketing it in third-world countries, where the use of solar panels can often prove critical for everyday living.

"I would not have gone ahead without it.... It was the Shad Valley program that really opened my eyes and taught me to use my talents," he said.

Gao was on hand Tuesday as the University of Calgary announced it was reviving an agreement with Shad Valley after a partnership, run through much of the 1980s and 1990s, ceased due to cost.

In July, the university will welcome 48 students from across Canada in a one-month program.

"It's really about broadening their minds about possibilities, really trying to excite them around innovation," said university president Elizabeth Cannon.

JEREMY NOLAIS/METRO

Get involved

Canadian or international students in Grades 10 to 12 are welcome to apply for the program at shad.ca/apply.

Marit Cup keeps student's legacy alive for friends, kin

Susan and Bruce McKenzie with a portrait of their daughter, Marit, who died earlier this year due to pulmonary embolism. DEREK QUAN/FOR METRO

Charity match.

Funds raised will go toward a scholarship in hockey player's name

DEREK QUAN
calgary@metronews.ca

Calgary Christian School (CCS) took to the ice Tuesday to honour a student who passed away earlier this year.

Alumna Marit McKenzie died Jan. 28 as a result of a pulmonary embolism, and students, staff and family got together to raise money during a charity hockey game played in Marit's memory.

CCS and the David Foster Foundation set up the shared fundraiser, with funds going toward the creation of a scholarship in honour of Marit.

"Marit was a kind, creative, compassionate individual," said Marit's father, Bruce McKenzie. "She was always caring for others and always just enjoying life."

Marit McKenzie

"She was an artist, musician and loved to cook and sew."

Marit's father, Bruce McKenzie

Over 400 CCS students attended the event, which featured contests and shootouts during intermission.

"It's the teachers and students that wanted to honour Marit with this event, and we're just so proud that they have done this," said McKenzie.

During her final year at CCS, Marit was the recipient of the Virtuous Award, given to acknowledge a caring personality.

"We're just very grateful to everyone for loving our daughter so much," said Marit's mother, Susan.

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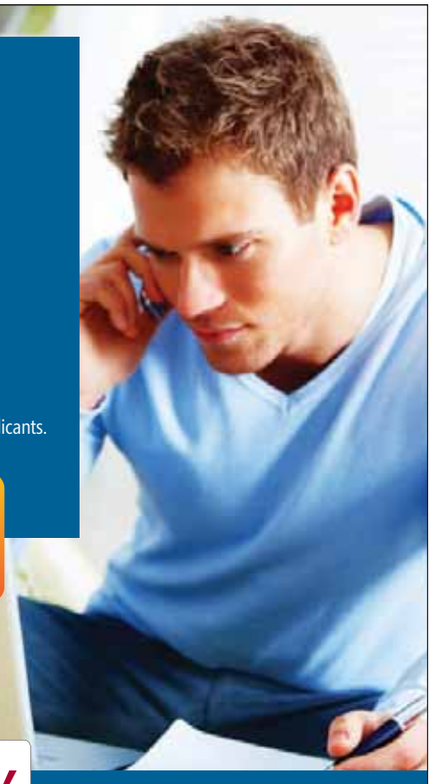

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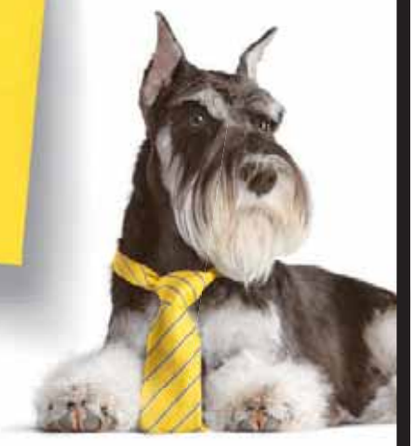

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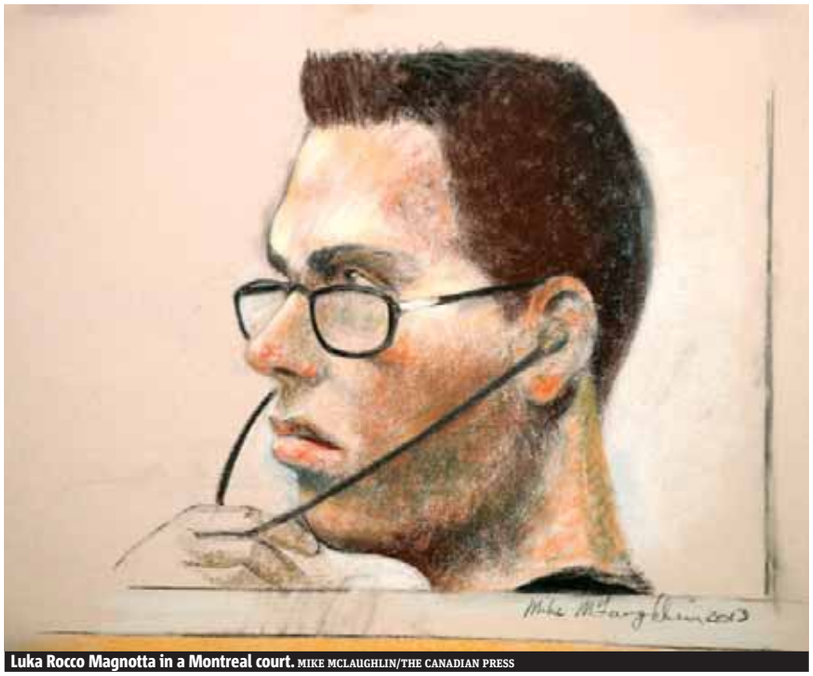
Luka Rocco Magnotta collapses in courtroom

Hearing postponed. Alleged killer fell after watching disturbing video evidence in case



Luka Rocco Magnotta in a Montreal court. MIKE MCLAUGHLIN/THE CANADIAN PRESS

Luka Rocco Magnotta collapsed to the courtroom floor after seeing video evidence presented against him, forcing a postponement in his preliminary hearing Tuesday.

Magnotta appeared distraught as the video played in the courtroom. When it was over, the suspect in a notorious killing-and-dismemberment case asked for a break. He stood up and fell on his right side, crumpling into a fetal position at the feet of a prison guard.

The evidence in the gruesome case is temporarily subject to a publication ban. It could be made public if the case goes to trial.

Magnotta was not back in court when the afternoon session began at 2 p.m.

"He really doesn't feel well and he's not able to continue," his lawyer, Luc Leclair, said.

Judge Lori-Renee Weitzman said they could not continue without Magnotta present. She ordered the case suspended until Wednesday.

During the morning segment, Magnotta had held his hand over his mouth, as if he felt ill. His eyes were closed for much of the session. The 30-year-old appeared to wipe away tears several times.

Even the judge appeared to be affected by the evidence. She winced slightly at one point in the video. Some police investigators present in the courtroom stared away from the screen. THE CANADIAN PRESS

Charges

Magnotta is charged with first-degree murder in the slaying of Jun Lin, a 33-year-old Concordia University student from China.

- **Absent.** Lin's parents were not present Tuesday morning. His father has attended the preliminary hearing at times but he has not stayed in the courtroom when the most graphic evidence related to the case has been presented.

Manitoba. Mennonites sought parenting advice before assault charges laid

Leaders of an orthodox Mennonite community in Manitoba reached out for counselling and parenting advice before two members were charged with beating children with various weapons, including a whip and cattle prod.

Enos Bauman, 54, and his son Cleason Bauman, 29, face various counts of assault and assault with a weapon. The younger Bauman is also charged with assault causing bodily harm.

Court documents show the alleged offences involve seven children, boys and girls, dating back to July 2011.

The pair was arrested last week and released on bail under conditions that include avoiding the community.

Neither police nor the documents on file with the court have disclosed a motive.

Brad Reimer, a spokesman with the Mennonite Centre Committee of Manitoba, said Monday that leaders of the group came to Winnipeg last month and met with officials about "parenting concerns."

There was no follow-up, in part, because the community is so isolated. THE CANADIAN PRESS

Steubenville, Ohio

Coach, others may see charges in rape

The head football coach at Steubenville High School and the owners of a house where an infamous 12-minute video was filmed could be investigated as Ohio prosecutors look into how adults responded to allegations of rape last year.

State Attorney General Mike DeWine said Sunday he would consider charges against anyone who failed to speak up after the rape of a 16-year-old girl in August.

Authorities also proved they won't put up with people harassing the victim, arresting two girls Monday suspected of threatening her online over the weekend. THE ASSOCIATED PRESS

Kelowna, B.C.

RCMP search for callous dog killer

Mounties in Kelowna, B.C., have picked up the case of a heartless SUV driver and a grieving pet owner.

Police are searching for the driver after an incident on Feb. 28, in which the man ran over a leashed dog being walked by its owner.

While it was apparent the dog's injuries were very serious, the man refused to transport the bleeding animal in his SUV. He also refused to give the owner any information but promised to bring a veterinarian.

The man drove away and did not return. The dog was eventually taken to a vet but later died of its injuries. THE CANADIAN PRESS

BEING A VICTIM OF MARRIAGE FRAUD IS NO PIECE OF CAKE

If your new overseas love seems more interested in Canada than you — you could be a victim of marriage fraud.

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Desert tragedy. U.S. slaps ban on 60mm mortar after blast kills 7 marines

The fatal explosion of a 60mm mortar has prompted the U.S. Pentagon to immediately halt its use worldwide.

Seven marines were killed in the blast. Half a dozen were injured.

It happened during a training exercise in the Nevada desert — at the Hawthorne Army Depot, a facility used by troops headed overseas.

"We send our prayers and condolences to the families of marines involved," said Maj. Gen. Raymond C. Fox.

"We mourn their loss, and it is with heavy hearts we remember their courage." THE ASSOCIATED PRESS

What went wrong?

The 60mm is a weapon that traditionally requires three to four marines to operate, but it's common during training for others to observe nearby. The worldwide halt will last until the weapon's safety can be determined.

Sex-attack claim

Fearful woman jumps 3 storeys

A British woman travelling in India jumped out of the third-floor window of her hotel room, telling police she feared a sexual attack.

The woman said the hotel's owner tried to force his way into the room by offering her a massage.

She was not badly hurt, but she suffered some injuries to her legs, police officer Sushant Gaur said.

Police arrested the hotel owner over the alleged incident in Agra, the site of the Taj Mahal. No charges have been filed. THE ASSOCIATED PRESS

World's most powerful hear Pope's plea for the poorest

Francis's priorities. The weakest and the environment must be protected, the 'omens of destruction' must be vanquished

He had them in the palm of his hand.

Princes, presidents and sheiks — not to mention thousands of ordinary folk —listened intently Tuesday as Pope Francis laid out the priorities of his pontificate.

The environment, the weakest and the poorest must be protected, said the first Pope from Latin America.

"Let us be protectors of creation, protectors of God's plan inscribed in nature, protectors of one another and of the environment," the 266th Pope implored.

Do not allow "omens of destruction," hatred, envy and pride, to "defile our lives," said the new leader of the world's 1.2 billion Roman Catholics.

The occasion was 76-year-old Francis's installation mass, held on the steps of St. Peter's Basilica in Rome and attended by an estimated 200,000 people.

In Buenos Aires, they listened, too — thousands of people packed the central Plaza di Mayo square to watch the ceremony on giant TV screens, erupting in joy when the Pope from Argentina called them, his words broadcast over loudspeakers.

"Don't forget that this bishop who is far away loves you very much. Pray for me," he said. THE ASSOCIATED PRESS

Gov. Gen. David Johnston and his wife Sharon meet Pope Francis after the installation Tuesday.
L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

Zimbabwe vote to end turmoil?

Zimbabwe's electoral body said Tuesday that 94.5 per cent of voters cast a ballot in favour of a referendum on a new constitution.

The constitution calls for a strengthening of human rights and a curb on presidential powers after a decade of political and economic turmoil in the southern African nation.

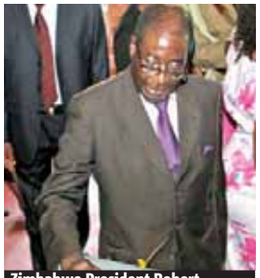
A new constitution was a key demand of regional mediators who forged a shaky and acrimonious coalition between Zimbabwe President Robert Mugabe and the former opposition leader, Prime Minister Morgan Tsvangirai, after the last violent and disputed national polls were held in 2008.

All main political parties had called for a "yes" vote in the referendum.

Judge Rita Makarau, head of the state electoral commission, said Tuesday that just over three million Zimbabweans voted for the draft constitution and 170,489 voted against. The draft has now to be submitted to the Zimbabwe parliament for approval, a procedural formality, before Mugabe is asked to sign it into law.

The draft limits the future presidential office to two five-year terms.

Mugabe, 89, who led the nation to independence in 1980, can rule for another two terms if his party wins upcoming five-yearly parliamentary and presidential polls. THE ASSOCIATED PRESS



Zimbabwe President Robert Mugabe casts his vote Saturday.
THE ASSOCIATED PRESS

Massacre foiled? Student had scary arsenal: police

A University of Central Florida student who pulled a dorm fire alarm in the middle of the night had a more sinister plan than sending students scurrying out into the night.

Campus police said James Oliver Seevakumaran, 30 — who shot himself in the head as officers arrived — was armed with two guns, hundreds of rounds of ammunition, a backpack filled with explosives and a plan to attack other students as they fled.

His plans were thrown off by campus police officers' quick response to a fire alarm and a call to police from Seevakumaran's roommate, who hid in a bathroom after Seevakumaran pointed a gun at him, UCF police Chief Richard Beary said.

"I think we were very blessed here at the University of Central Florida," Beary said. THE ASSOCIATED PRESS

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Cyprus votes down levy on bank deposits

EU financial crisis. While protesters cheer move by Parliament, international bailout is now left in disarray

Protesters chant outside Parliament in Nicosia, Cyprus, on Tuesday prior to a vote on a controversial plan to tax bank deposits. THE ASSOCIATED PRESS

Lawmakers in Cyprus decisively rejected a plan on Tuesday to seize up to 10 per cent of people's bank deposits in order to secure an international bailout and prevent a collapse of the country's banks.

The vote leaves the tiny Mediterranean economy in limbo, but hundreds of protesters outside Parliament cheered and sang the national anthem when they heard the bill failed.

Still, Cyprus needs about $20.9 billion to bail out its heavily indebted banks and shore up government finances. If it doesn't get the money, the banks could fail, Cyprus' government finances could be ruined for years and the country could face expulsion from the 17-country euro currency union.

Eurozone countries and the International Monetary Fund have pledged to provide about $13.2 billion in rescue loans if Cyprus can come up with the remainder. With the country's banks closed since Saturday to avoid a run, Cypriot leaders will now try to hatch a more politically palatable plan that might also satisfy officials in the eurozone and IMF.

The plan that was rejected Tuesday — with 36 votes against, 19 abstentions and one absence — had been amended to shield the smallest depositors, those with under about $26,500 in the bank. But deposits up to about $132,400 are supposed to be insured by all euro countries. There has been widespread condemnation of the plan throughout Europe since it was announced over the weekend. THE ASSOCIATED PRESS

Sheer oversight. Lululemon recalls pants that reveal too much yoga butt

A woman carries a purchase out of the Lululemon store in Vancouver's Kitsilano neighbourhood. THE CANADIAN PRESS FILE

Shares in Lululemon Athletica Inc. closed down $1.76 to $65.74 on the Toronto Stock Exchange Tuesday, after the clothing maker recalled some of its black yoga pants because they were too see-through and warned the move would hurt sales.

The news came as the athletic clothing retailer prepared to report its quarterly results this week.

RBC Capital Markets analyst Howard Tubin noted it was the second product-related issue the company has had this year.

"Combine this with the problems they had with red and pink garments earlier this year and bears could start to weave a narrative that Lululemon is consistently encountering execution issues while growing," Tubin wrote in a note to investors, referring to problems with bleeding in some of Lululemon's coloured clothing.

"Bulls could easily counter that this is a company that is literally doing everything right to ensure the customer gets the best quality goods to protect its premium positioning."

Keeping store shelves filled has also been a problem for Lululemon in the past. In 2011, the company launched an initiative to boost inventories to meet growing demand.

On Monday, the retailer pulled its popular black Luon yoga pants from store shelves because the material used to make them was too sheer, showing off too much of their customers' assets. The pants were also yanked from its showrooms and website.

The company, which has a devoted following, said it is working with its supplier and other manufacturers to replace the fabric and replenish the inventory as quickly as possible. THE CANADIAN PRESS

Microsoft. U.S. regulators looking into bribery allegations, report says

Microsoft is entangled in a U.S. government investigation into whether the software maker and some of its business partners resorted to bribery to close deals in China, Romania and Italy, according to a report published Tuesday.

Citing anonymous people familiar with the matter, the Wall Street Journal said the Justice Department and the Securities and Exchange Commission are examining whether kickbacks were paid to foreign officials to help close the sale of software. The probe's targets include resellers of Microsoft software, company consultants and Microsoft's own employees outside the U.S., according to the Journal. The newspaper emphasized the inquiry is in an early stage and there have been no accusations of wrongdoing.

In a blog post, Microsoft lawyer John Frank said the issues raised in the Journal's story are important enough to merit a review by the Redmond, Wash., company and the federal government. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.37¢ (-0.45¢)

TSX 12,773.87 (-7.89)

OIL $92.16 US (-$1.58)

GOLD $1,611.30 US (+$6.70)

Natural gas: $3.96 US (+8¢)
Dow Jones: 14,455.82 (+3.76)

Low-cost laptops

Chromebook comes to Canada

Google is continuing its march into the hardware business with a brand of cheap laptops designed for using the web — and not much else. On Tuesday, the Internet giant announced its Chromebook concept was finally available in Canada, more than a year after being released in the U.S. and other countries. Chromebooks are being pushed as a low-cost device for users who spend most of their computer time on the web. THE CANADIAN PRESS

Taxi hospitality

Grab a cab — and a cold one

When customers get into some New Orleans taxis, they'll now have the chance to buy a cold beverage during the drive to their destination. New Orleans Carriage Cab launched backseat vending machines Tuesday inside its 250-car fleet that also includes the Yellow-Checker Cab brands. The latest innovation comes after the city's entire taxi fleet of about 1,600 cars was forced to modernize. THE ASSOCIATED PRESS

Fraud allegations

Man charged with claiming to own Facebook shares

A Florida investment adviser has been charged in New York in an $8-million US securities fraud scheme that capitalized on enthusiasm for Facebook Inc. shares. Craig L. Berkman was arrested Tuesday at his home in Odessa, Fla. He was charged with claiming to own Facebook shares before the company went public last year when he did not directly own shares. THE ASSOCIATED PRESS

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Join us Wednesday, March 20 from 6:00 pm – 8:00 pm in Room NH309 in the Senator Burns Building.
Call 403.210.4045 or Email english.language@sait.ca to confirm your attendance or for more information.

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- CGA Partnership courses – advanced level courses
- General business courses as pre-requisites for your accounting designation

Join us on Wednesday, March 20 at 5:30pm in Room MB202 in the Stan Grad Centre, on SAIT main campus. Please confirm your attendance and program of choice by calling 403.284.8789 or emailing accelerated.accounting@sait.ca.

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Join us Wednesday, March 20 at 6:00 pm in Room MA112 in Heritage Hall.
Call 403.284.7333 or Email hps.info@sait.ca to confirm your attendance or for more information.

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- Web Developer

Join us on Wednesday, March 20 at 7:00 pm in Room MD321 in the Stan Grad Centre.
Call 403.284.7149 or Email fast-track@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, March 20 at 7:00 pm in Room MA109 in the Heritage Hall Building.
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Join us on Wednesday March 20 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre.
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Want a career that really makes a difference? Environmental Technology combines a laboratory orientation with a broad theoretical background to provide you with the skills you'll need to work in the lab or in the field. As an Environmental Technologist you'll work in the protection, conservation and preservation of our natural environment. Many of our graduates go on to complete a bachelor degree at Royal Roads University.

Join us on Wednesday, March 20 at 7:00 pm in Room KA336 in the Johnson-Cobbe Energy Centre.
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SAIT POLYTECHNIC

THUMBS DOWN — STOP TEXTING

JUST SAYIN'

Paul Sullivan
metronews.ca

I think we're texting ourselves to death.

I was reading a story by a relationship therapist who claimed that Canadians text eight billion messages a month.

The point was something like: "How can anyone have a relationship when there's all that texting going on?"

That seemed like a lot to me, so I went to the Internet and did some research. No matter how you slice it, the guy's right. We do a terrific — or is that terrible — amount of texting.

According to one source, we send 227 million text messages a day or 10 million an hour. Another says Canadians send 2,500 messages a second for a total of 78 billion a year. While we're throwing around numbers, that comes to about 10 a day per subscriber.

In the U.S., according to the Pew Internet & American Life Project, the average user sends 40 messages a day, but young Americans 18-24 send or receive 109.5 messages a day.

It's easy to conclude we're all thumbs.

These numbers correspond to my anecdotal survey: nine times out of 10, wherever I go, everyone else is looking down. I'm the only one looking up.

I've tried to pretend to look down and be like everyone else, but my heart's not really in it. I have to admit I'm tired of texting, tired of tweeting, tired of email, tired of not talking to other people.

Other people are actually pretty interesting, but only if you can get them while they're not texting. They're also not very interesting if their fingers creep toward their smartphone (41 per cent of Canadians say they keep their cellphone in reach at all times), nor are they interesting when they try to talk to you and text at the same time (18 per cent; at least they're trying).

It starts to get interesting when they try to drive and text at the same time, but not in a good way. An editor at Car and Driver found that it took longer to stop when he was texting than when he was legally drunk — an extra 70 feet, which is enough to drive you straight into the nearest tree.

So here I am texting you, and here you are reading this text. Whoops.

I hope you find this text interesting. I hope it encourages you to put away your smartphone and look up.

Perhaps you're not driving into the back end of the car in front of you at this very moment. Bonus. That means it's not too late to put the phone away and start relating to other people, like your spouse, parents, friends, colleagues, perfect strangers. It doesn't matter. They've been so busy texting, none of them will recognize you anyway.

Start small. Smile. Remember? That's something you do with your face, not your thumbs.

ZOOM

Hole-y, what a church

Empty building a sign of the times

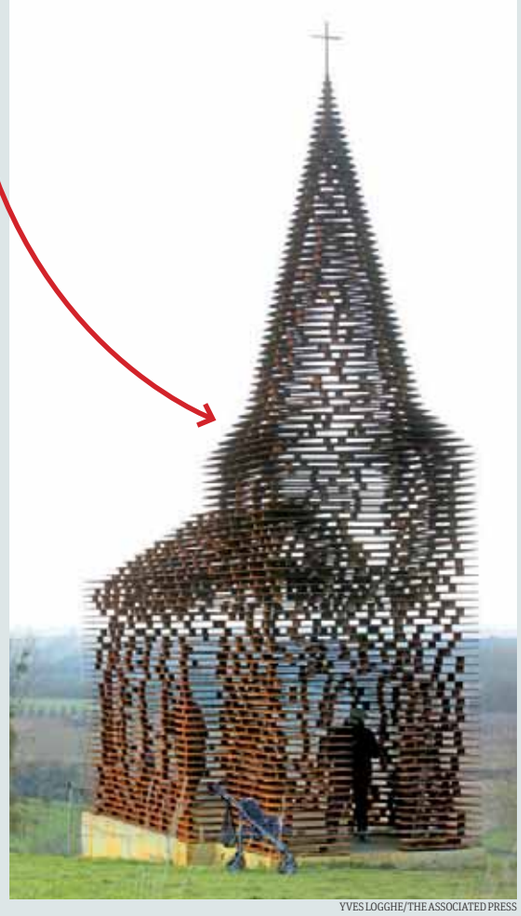
A see-through church stands on a hilltop in Borgloon, 80 kilometres east of Brussels, Belgium.

The artistic vision of the church is made of rusty steel beams separated by gaps, and its austere beauty won it an international architecture prize. Yet the eerie desolation of the see-through installation has also turned into a reflection on the state of Roman Catholicism on a religion-weary continent where real churches, like the dozen dotting the hills of this verdant area, increasingly lose their flock and function. THE ASSOCIATED PRESS

Interest across Europe crumbles like a wafer

Across large swaths of Europe, empty pews and empty pulpits are the stark reality of centuries-old churches in a continent where, not so long ago, the village spire was the main point of reference for society.

Pope Francis faces a daunting array of challenges, and one of them is bringing souls back to the historic heartland of the Catholic Church. THE ASSOCIATED PRESS



YVES LOGGHE/THE ASSOCIATED PRESS

For example

- For signs of this decline, look no further than Paris, at the famed Notre Dame Cathedral.
- On Pope Francis' installation day, thousands of tourists easily outnumbered less than 200 worshippers in the pews, even as the ceremony on St. Peter's Square was televised inside.
- Many churches have been turned into restaurants and shops, or even demolished, often given a new function in society never intended by those who originally built them.

Lean structure wins award

This disappearing act gave Pieterjan Gijs, of the Gijs Van Vaerenbergh architecture firm, ideas.

The Borgloon art installation's layered structure allows visitors to see right through it, and this evanescence gives it a double layer of beauty and philosophical depth. It won the 2012 prize for best religious building by the website Arch Daily. THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Oh, sure, you'd love to come up with a blog idea so irresistible that smirking Photoshoppers can't help but flood your inbox with submissions. But how to get that precise mixture of clever yet simple?

Well, all you need is an hour in a quiet room with a list of magazine titles and a rhyming dictionary. It works like a charm.

Just ask whoever came up with Thumbs & Ammo, where guns are swapped with a cheery thumbs up and "real tough guys don't need guns, they just need a positive, can-do attitude."

thumbsandammo.blogspot.com

Twitter

@metropicks asked: Lululemon halted sales of black yoga pants for being too sheer. What clothing would you like to never be sold again?

@JennBarker82: Crocs - every colour every style!

@MEdingerReMax: acid bleached jeans, bell bottoms, corsets, and rugby pants

@Ketchum_All: Anything Ed Hardy..

@alangdon17: crocs, horrible horrible.

@bandrews14: suit jackets with shoulder pads. Who ever thought that shoulder pads was a good idea, or belonged outside of hockey or football

@DariaTuhtar: Cheap flip flops. I don't want to see your disgusting foot-shaped grime and sweat stains.

@CatBourque: clothing that droops below butt cheeks....

@duizerbarbie: was at Forever 21—acid wash jean shirt!–some things from the 80's should never come back

@Gnarlli: they WHAT?

@PengoMommy: Leggings with prints that are in stores right now. Unless you are under 12 or a stick you can't get away with it.

Follow @metropicks and take part in our daily poll.

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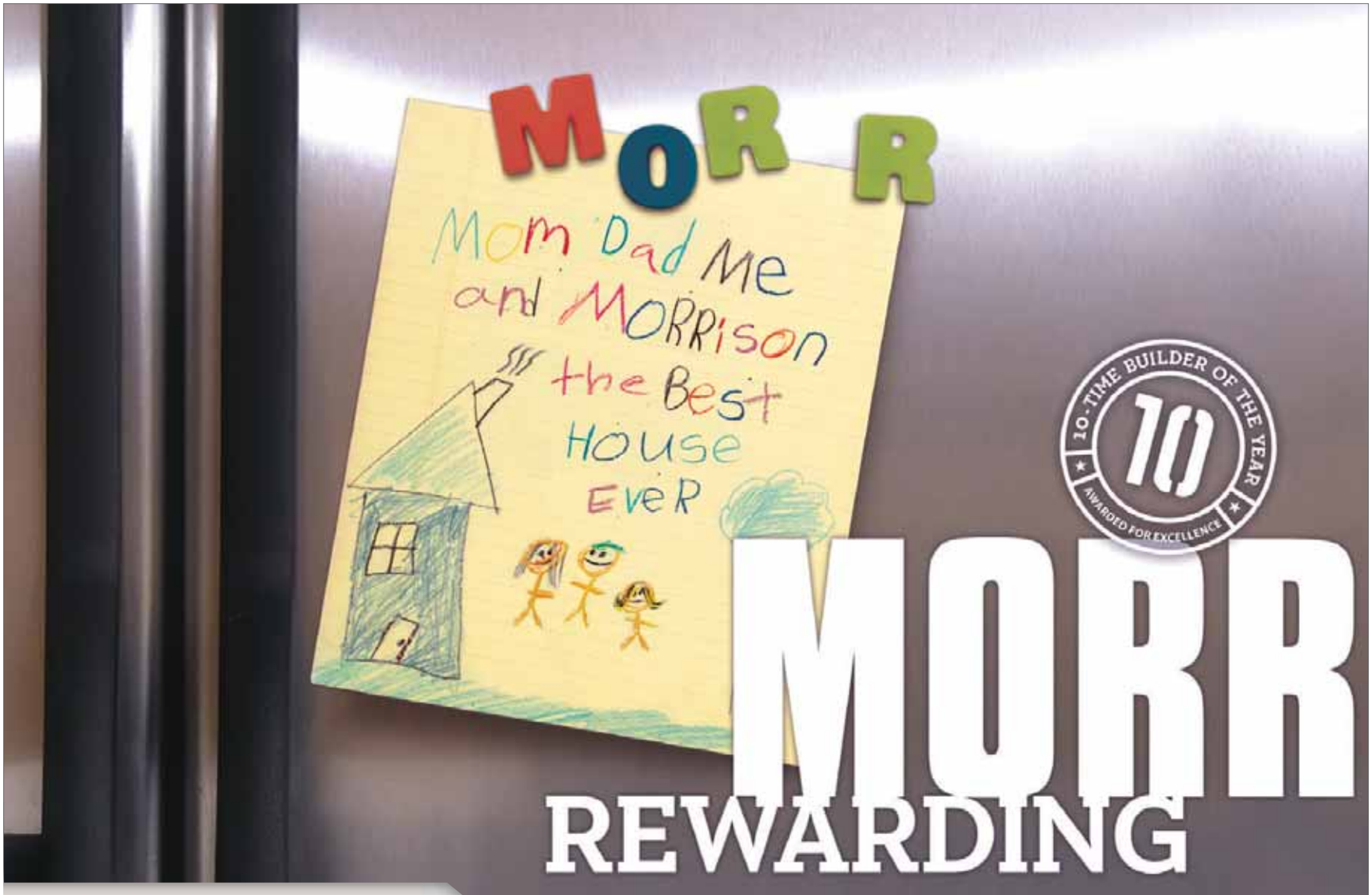

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SCENE

Tina Fey's latest project has her starring alongside Paul Rudd in the movie Admission. HANDOUT

Fey's decade of comic clout

New movie. From SNL to a best-selling book to hit movies and a sitcom, the female comedian continues to break new ground

IN FOCUS
Richard Crouse
scene@metronews.ca

Tina Fey regularly appears on the Forbes' annual Celebrity 100 list of the most powerful celebrities. She's made the Entertainment Weekly roll call of Entertainers of the Year and Time called her one of the most influential people in the world. Did I mention she's also really funny?

For nine years on Saturday Night Live she worked behind the scenes — as the show's first female head writer — and on camera as the anchor of Weekend Update.

"She might be the best Weekend Update anchor who ever did it," said Dennis Miller. "She writes the funniest jokes"

Then came 30 Rock, the medium-rated but critically adored sitcom, a best selling book and a celebrated impersonation of Sarah Palin that even got the thumbs up from the ex-Governor.

This weekend she's on the big screen in Admission, a comedy co-starring Paul Rudd. She plays a Princeton admissions officer who thinks one of her new recruits is the son she gave up for adoption years ago.

Fey made her film debut a decade ago in the quirky comedy Martin & Orloff as part of an ensemble cast that included SNLers Amy Poehler and Rachel Dratch.

That movie didn't garner much attention, and her role of Southern Woman even less, but in 2004 she shortened the unwieldy title Queen Bees and Wannabes: Helping Your Daughters Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence to Mean Girls. The story of high school in-groups was a hit and launched the careers of Rachel McAdams and Amanda Seyfried.

A comedienne

"She might be the best Weekend Update anchor who ever did it. She writes the funniest jokes."

Dennis Miller
Talking about Tina Fey.

She co-starred in Mean Girls as math teacher Ms. Norbury and made on-screen appearances as Front Desk Girl in Beer League but got her name over the title in Baby Mama.

She played Kate, a single 37-year-old businesswoman so desperate to have a baby she hires Angie, an inappropriate South Philly wild child (Amy Poehler) to be her surrogate.

Next was the stranded-in-big-bad-New-York-City movie Date Night opposite Steve Carell.

The movie wouldn't be as enjoyable as it is without the two leads. Fey and Carell breathe life into a hackneyed situation, bringing not only likeability, but also great chemistry and a way with a line that really works.

In the animated Megamind she voiced intrepid girl reporter Roxanne Ritchi, kidnapped by the master of all villainy Megamind (voice of Will Ferrell) and next year she stars with Ricky Gervais in The Muppets … again.

FROM STEPHENIE MEYER THE AUTHOR OF THE TWILIGHT SAGA
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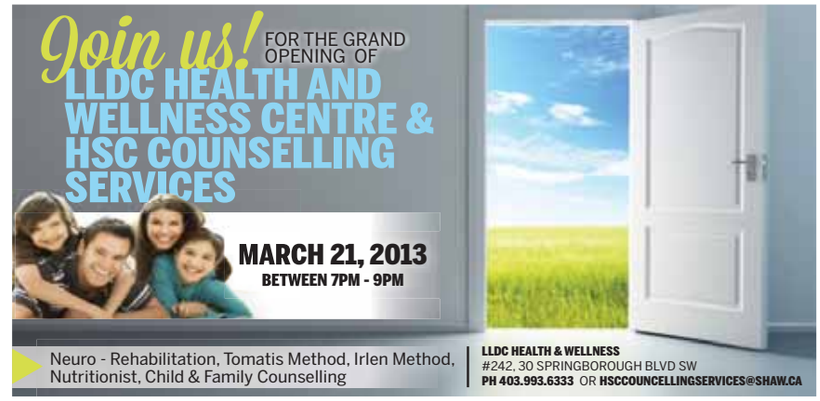
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who is the father of Michael Jackson's children?

THE WORD
Dorothy Robinson
scene@metronews.ca

For years, I've gazed upon the children of Michael Jackson and wondered: "Are they really his kids?" What trips me up is that they kind of look like him, but only after he underwent his radical plastic surgery.

But then I remember that if he were still alive and "unadulterated," Jackson should look a lot more like Tito and a lot less like LaToya. I guess what I'm trying to clumsily say is that even with a white mother, Blanket, Paris and Prince should look more like a young Michael and a lot less like the crypt keeper he became. Also, holy cats: What a crazy family.

Anyway, it's looking more and more like MJ is not the father of his children (I knew it! Kind of!). According to TMZ, in their nasty wrongful death lawsuit against AEG Live (Katharine Jackson and Blanket, Paris and Prince are suing the entertainment giant for $40 billion for the negligent hiring and supervision of Dr. Conrad Murray during preparation for Jackson's This Is It tour), his family is asking to exclude any evidence of the true paternity of Jackson's children.

I'm unsure why the paternity would be entered into evidence — I'm far from a legal scholar — but the fact the Jackson family is trying to block this is telling.

Also, if the Jacksons do prevail against AEG, I hope they use some of those billions for therapy for those poor kids. Because even the best therapist in the land (Dr. Phil, duh) cannot go there.

Lindsay Lohan

Guess who's going back to rehab

Lindsay Lohan is heading back to rehab. After reaching a deal with Judge James Dabney relating to her car crash last June, Lohan entered a guilty plea to giving false information to an officer, reckless driving and violating her probation, according to TMZ. Lohan was offered 90 days in jail but is allowed to serve out that sentence in a locked rehab facility. She is also on the hook for 30 days of community service, 18 months of psychotherapy, plus she has to pay fines and restitution to the victim in the car accident. "This is it," Dabney told Lohan at the hearing. "You violate your probation, and we are not going to have this conversation about putting you back on probation." He also offered her some personal advice: "Don't drive," he said.

Twitter

@ricky_martin
sometimes you just have to stop thinking so much and simply go with your heart. PERIOD. Have an awesome day every1!

@RealMichelleT
I'm off to slay some dragons

@MarkDuplass
I kinda miss walking around the video store in a state of utter confusion.

@justinbieber
good night Paris. je t'aime

Sofia Vergara ALL PHOTOS GETTY IMAGES

Vergara freezing her eggs

Sofia Vergara takes planning for the future very, very seriously. "I have to be careful what I eat because they're freezing my eggs," the 40-year-old Modern Family star tells Vogue, adding that she's currently taking hormone pills. "After that it is hormone injections. They want to get as many good eggs as they can because usually you produce them but they're not good. They have to be perfect, perfect, perfect ones. My boyfriend is 37, younger than me, never had kids. So."

Bradley Cooper

Who is Cooper's new girlfriend?

Bradley Cooper was spotted in Boston this week spending quality time with his rumoured new girlfriend, 20-year-old model Suki Waterhouse, according to E! News. The pair braved the cold to take in some tourist attractions but ended up an attraction themselves. "People were recognizing them so they walked quite quickly to avoid the crowds," a source says. "They were having a good time together, touching and teasing each other. They were laughing a lot and couldn't keep their hands off each other."

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Is Albuquerque's tourism industry Breaking Bad?

Drug-induced dilemma. New Mexico city is profiting from visitors scoping out sites from hit TV series, but is it a rep they want to promote?

A fast-food burrito chain in Albuquerque has become an international tourist attraction as people come from all over the world to see the spot where a fictional drug trafficker runs his organization. A pastry shop sells doughnuts topped with blue candy designed to resemble crystal meth. A beauty store has a similar product — crystal blue bathing salts.

As Breaking Bad finishes filming its fifth and final season in Albuquerque, the popularity of the show is providing a boost to the economy and creating a dilemma for local tourism officials as they walk the fine line of profiting from a show that centres around drug trafficking, addiction and violence. Breaking Bad follows the fictional character Walter White, a high school chemistry teacher turned meth lord.

Albuquerque has seen an unexpected jump in tourists visiting popular sites from the show and local businesses cashing in on its popularity. Tourists are also flocking to sites that before the show were unknown and unimportant — the suburban home of White, played by Bryan Cranston, a car wash that is a front for a money-laundering operation on the series, a rundown motel used frequently for filming and the real-life burrito joint, which is a fast food chicken restaurant on the show. The Albuquerque Convention & Visitors Bureau has even created a website of the show's most popular places around town to help tourists navigate, and ABQ Trolley Company sold out all its "BaD" tours last year at $60 a ticket.

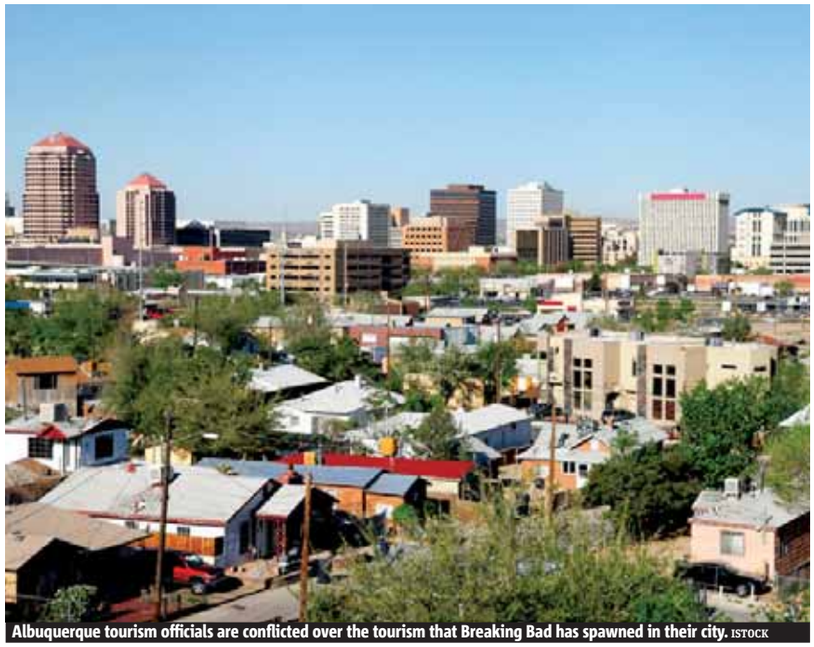
"They ask if they can take pictures. They ask if Gus is here," said Rachel Johnson, 19, a shift manager at the Twisters burrito restaurant in Albuquerque's South Valley, referring to the show's character Gus Fring, played by actor Giancarlo Esposito. The eatery has served as the location for the Los Pollos Hermanos restaurant where Fring runs his drug operation.

Tourism officials and business owners are quick to point out that they are walking a fine line in trying not to promote the dark themes from Breaking Bad. But their pride in the show taking place in Albuquerque — and the money that it brings in — is often enough to offset their concerns.

THE ASSOCIATED PRESS

If you go...

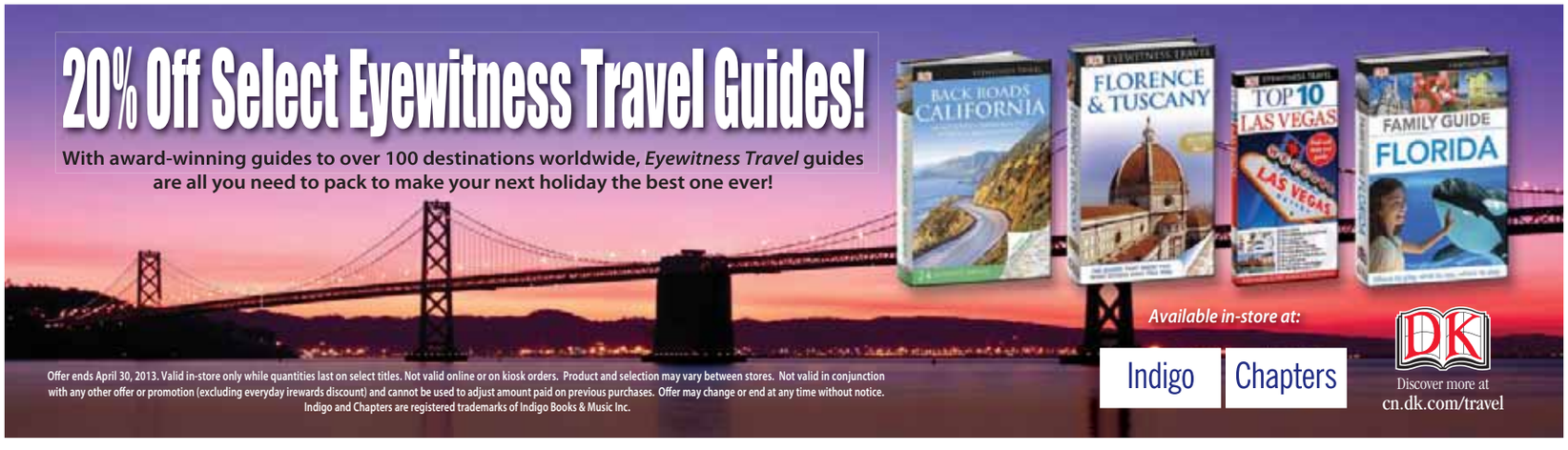
- **Albuquerque Breaking Bad locations.** itsatrip.org/albuquerque/arts/breaking-bad-in-albuquerque.aspx offers map for self-guided tours and other information from the Albuquerque Convention & Visitors Bureau.



Albuquerque tourism officials are conflicted over the tourism that Breaking Bad has spawned in their city. ISTOCK

Debbie Ball, 60, owner of The Candy Lady store in Albuquerque, displays her new line of "meth candy." THE ASSOCIATED PRESS

Bryan Cranston as Walter White, left, and Aaron Paul as Jesse Pinkman in a scene from Breaking Bad. THE ASSOCIATED PRESS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Take a walk on B.C.'s wild side

Galiano Island. The wildlife and scenery will keep you hiking on the 75 kilometres of trails that are waiting to be explored

One of several Southern Gulf Islands in the waters between B.C.'s Lower Mainland and Vancouver Island, Galiano is the first stop from Tsawwassen for BC Ferries on its island run.

The 50-minute ferry ride to the island allows time to shrug off the busyness of the Vancouver area and arrive ready for the unhurried pace of the small island.

The forest-covered island is just over 27-kilometres long, six kilometres at its widest point, and 1.6 at its narrowest.

The island is a walking and hiking paradise, with water, island and far-off mountain views from almost every one of the dozens of beach-access points. Much of the wildlife on the island appears indifferent to humans.

The deer will saunter off the road as your car comes near, then turn back to stare if you stop to look at them.

Henny Schnare has photographed the island's wildlife for many years and is the membership director for the Galiano Island Chamber of Commerce.

"We have absolutely thousands of humming birds every year, principally the rufous humming bird that lands on all the Gulf Islands," she said.

"They come at the end of March all the way through to August and some even over winter."

But you can also see eagles fishing off the bluffs, thousands of gulls gathering in Active Pass and killer whales just off the beaches, she said.

"The other thing that we actually keep quite secret on the island is that we have a tremendous number of the great blue herons," she said as her voice became low and conspiratorial.

"We don't tend to publicize where they are because they own the place, we don't."

You may happen on nesting herons on a beach walk. Finding those walks is easy, beach access is well marked on the road with a sign.

Some access points may take you on a meandering walk through a quiet forest of massive trees, sword ferns and salal, while others offer a stunning bluff view before you begin a steep trek down.

At low tide, you can walk over many of the sandstone beaches to explore the sea life.

One of the island's most spectacular beaches is in Montague Harbour Provincial Marine Park on the west side of the island.

The park is the site of an ancient First Nation's midden pit, believed to be about 3,000 years old. It was home to the Coast Salish, Penelakut First Nation, when the island's namesake, Spanish explorer Dionisio Alcala Galiano, explored Canada's West Coast in 1792.

The white sands of Montague Beach on Galiano Island rival any Caribbean beach. THE CANADIAN PRESS

Montague beach is covered in white sand from the many layers of discarded shells on the beach. The sand makes the water appear an aqua blue-green that rivals any Caribbean beach.

But the water's chilly temperature quickly dispels any other such connections.

During the summer, beaches on the east side of the island are "very swimable" because of the warmer waters coming from the Fraser River, just across the Salish Sea, Schnare said.

If you're looking for a trail walk or hike, there are about 75 kilometres of trails to explore.

"It's a great place for hiking," said Paul LeBlond of the Galiano Trails Society, one of several groups that oversee the trails on the island.

"A lot of people who live here like to wander through the woods and a lot of people who come over like to do this."

The retired University of B.C. oceanography professor said the island was once a tree farm for a forest company, so most of the massive trees on the island are second growth.

He suggested a hike up Mount Galiano if you want to see spectacular views of Active Pass, Southern Vancouver Island and Washington States.

"You can see the eagles flying below you."

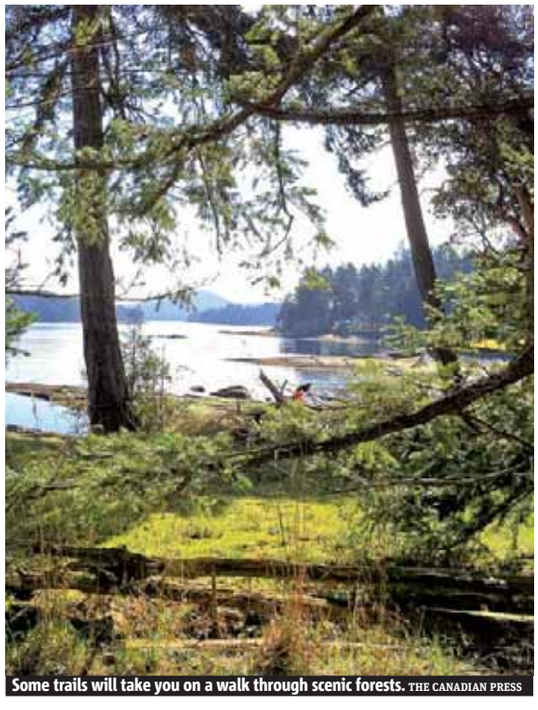
There are numerous places to stay on the island, including inns and resorts, bed and breakfasts, cabin rental and camping.

Schnare said the island's population of about 1,000 can quadruple during the high season, so reservations would be advised.

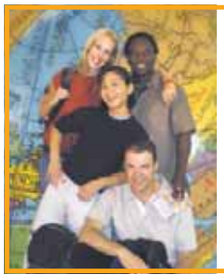
THE CANADIAN PRESS

If you go...

- **For more info.** Go to galianoisland.com
- **Getting there.** bcferries.com



Some trails will take you on a walk through scenic forests. THE CANADIAN PRESS



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There are probably more free things to do in the U.S. capital than nearly any other major city in the world. The most popular museums and the zoo are free, as well as the picturesque memorials and monuments. With so many free options, the biggest challenge might be narrowing down what to see.

PHOTOS AND STORY: THE ASSOCIATED PRESS

5 free things in Washington D.C.

Smithsonian Institute

No visit to the U.S. capital is complete without a visit to the nation's museums. First-time visitors learn fast that a trip to the Smithsonian is not a visit to one place. There are actually 19 different museums that are part of the Smithsonian, along with the National Zoo. Most line the National Mall. Some must-see exhibits: The Apollo 11 capsule that carried the first men to land on the moon, President Abraham Lincoln's top hat and Dorothy's "ruby slippers" from The Wizard of Oz, and the large Hope Diamond.

National Mall

The nearly four kilometre grassy expanse between the Capitol and Potomac River features memorials honouring five presidents, including George Washington, Thomas Jefferson and Abraham Lincoln, as well as Martin Luther King Jr. and battle monuments in tribute to America's veterans. One of the best times to visit is in the evening, as the monuments are lit and crowds have dwindled. Beyond the large monuments, there are dozens of smaller statues, historic sites and walking paths along the mall. The park also draws about one million people each year to see its famous cherry blossom trees when they reach full bloom in late March or early April.

Behind the scenes

Washington is a city where everyone wants special access and a look behind the scenes of power. One of the best ways is to plan ahead. Call your member of Congress to request a personal tour led by a congressional staffer. Visitors can also ask for a tour of the Capitol dome. White House tours are also normally available through congressional offices, though they have been halted temporarily to government budget cuts. International visitors can request tickets through their country's embassy. If you don't have time for reservations, the Capitol Visitor Center offers free exhibits and tours of the Capitol. Tickets are available online. A limited number of same-day passes also are distributed at the information desks each day. The centre also offers specialty tours on the Capitol's history and artwork.

Presidential sites

A walk through downtown Washington offers a chance to connect with presidential history. A short walk from the White House, Ford's Theatre, where President Abraham Lincoln was assassinated, offers daily tours with free same-day tickets distributed each morning at 8:30 a.m. Otherwise, advance tickets are $2.50 per person. Walk five minutes further from the theatre and visitors will find the National Portrait Gallery. Its most popular collection is the presidential portraits, including some of the most famous images of George Washington and Abe Lincoln.

Waterfront and Kennedy Center

Washington is increasingly embracing its waterfronts that were once neglected. New gardens and walking paths are bringing new life to these spaces. In Georgetown, a new park along the Potomac River has become a popular place to relax. Take a stroll along the water. Bring a picnic or stop for a late lunch at a riverside café. Then head toward the Kennedy Center along the river. This living memorial to President John F. Kennedy offers free tours with no reservations required. Arrive in time for the 4:30 p.m. tour of the theatres and concert halls. Then stay for a free Millennium Stage performance every day at 6 p.m.

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Spring into healthy eating habits with Greek Yogurt Chicken Salad

Skip the bread and opt for lettuce leaves instead. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

MAIJA MOMENTS
YummyMummyClub.ca

While I am all for deli-style chicken salad sandwiches on thick slices of white bread, sometimes the part of my brain that reminds me I need to be eating a little bit healthier pipes up and insists that some dishes can be made with health in mind.

It turns out, this recipe for Greek Yogurt Chicken Salad is as yummy as the original and can be made even healthier by using it in Chicken Salad Lettuce Wraps.

I also have to admit that I'll eat this stuff out of a bowl on its own, over rice or spread on toast. It's that yummy!

1. In a bowl, add chicken, celery, cucumber and cilantro.

2. Mix in Greek yogurt, Dijon mustard, and avocado until combined.

3. Place equal amounts of cabbage onto each lettuce leaf and top with chicken salad. Roll and enjoy!

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Ingredients

- 2 cups cooked chicken, shredded
- 1 rib celery, chopped
- 4 slices cucumber, chopped
- 1-2 tbsp fresh cilantro, chopped
- 1/2 cup plain Greek yogurt
- 1 tbsp Dijon mustard
- 1/2 avocado, peeled, pit removed, sliced and tossed in 1/2 tsp lemon or lime juice if desired (the bottled kind is fine)
- 1 cup shredded cabbage
- 6 lettuce leaves suitable for wraps

Drink of the Week

Blueberry-Mango Smoothie

This smoothie combines antioxidant-rich blueberries with mangos for a refreshing treat that is ready to enjoy in a few minutes.

- 1/4 cup (60 ml) plain soy milk
- 2 tbsp (30 ml) plain low-fat yogurt
- 1/4 cup (60 ml) frozen unsweetened blueberries
- 1/4 cup (60 ml) peeled cubed mango
- 1 packet Pure Via zero calorie sweetener
- 1 to 2 ice cubes

Place soy milk, yogurt, blueberries, mango and sweetener in blender container. Blend on medium speed until smooth. Add ice cubes and continue to blend until smooth. Pour in tall glass and serve.

NEWS CANADA

Spinach, Strawberry & Goat Cheese Sandwich

Many people are familiar with salads containing spinach, strawberries and goat cheese, so why not turn this combination into a delicious sandwich as well?

Sandwiches are a smart way to get all of your daily nutrients. Did you know that bread has naturally occurring vitamins and minerals similar to fruits and vegetables?

Baked with simple, wholesome ingredients like those found in your kitchen, this sandwich is healthy, unique and delicious.

Nothing tastes more like warm weather (it is, after all, the first day of spring) than the flavour of sweet strawberries. And this nutritious sandwich, inspired by Canadian-grown fresh, seasonal produce, captures it all.

1. Divide goat cheese and spinach between 2 slices of toast. Top with berries, drizzle with balsamic vinegar and season with salt and pepper.

2. Top with remaining slices of toast to form sandwiches. Slice in half and serve immediately.

NEWS CANADA/ NATURALLYDEMPSTERS.CA

Ingredients

- 1/3 cup (80 ml) crumbled goat cheese
- 2 cups (500 ml) baby spinach leaves
- 4 Slices Dempster's WholeGrains 12 Grain Bread, toasted
- 1 cup (250 ml) sliced strawberries
- Balsamic vinegar to drizzle
- Salt and pepper

This recipe serves two. NEWS CANADA

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Assist without getting dismissed

To annoy is to destroy.
Five easy ways to upsell at your retail job without being pushy

CHRISTINA PELLEGRINI
TalentEgg.ca

The pathway you take to the checkout counter can present upselling opportunities too. If you're helping someone with frames, for example, show them to the hardware aisle before they leave the store. ISTOCK

You've probably dealt with pushy retail salespeople before.

The ones who make you feel uncomfortable because they keep asking you to buy stuff even though you've said you're not interested more than once.

You know what I'm talking about, right? Perfect, you know how it feels and you know that it usually sends people searching for the nearest exit.

So, if you work in retail, don't be anything like that.

The challenge is that store management expects you to sell more products, maintain certain performance metrics and put more cash into the store's till. You can do this without begging customers to buy and spend more by offering them related products or services.

The guy taking your order at the drive-thru does this all the time by asking you if you'd like fries with your hamburger. Most of the time you say no. But sometimes, you say yes. That's how you get people to buy and spend more. It's called upselling.

Effective upselling requires patience, detailed observation, resilience and some skill.

Get a few more dollars out of your customers by following these five upselling tips:

Get them talking
People love talking about themselves. In my experience, the better the conversation, the longer a customer stays in the store, the more they tend to spend and the greater the chance they'll become a repeat customer.

Conversation helps build a relationship, showcases your product knowledge and makes the customer feel like you're their friend instead of a salesperson. How, though?

Ask open-ended questions
Get your customers talking by asking them open-ended questions. You don't want their response to be "yes" or "no" because you can't learn anything about them, how they plan to use the product or how much they're able to spend.

This process will reveal products or services that the customers didn't intend to buy.

If you're selling athletic footwear, for example, try asking questions like:

- What are you planning to use your shoes for?
- How much are you willing to spend?
- Tell me about your current pair of running shoes.

Suggest products your customers need
The answers to your open-ended questions will help you suggest products the customer might need to solve a problem they expressed during your conversation. If you're suggesting a more expensive product than the one they came to the store to purchase, always explain its features, benefits and why this product is better suited to fulfil their needs.

Not every upselling story has a happy ending.

How you handle rejection can send a message to the customer about how genuine your recommendations really were.

Happy ending

Close the sale the way you started it

Remember how bubbly and friendly you were when the customer walked into the store? Act the same way throughout the entire transaction, tell them your name and don't forget to thank them for shopping at your store before they leave.

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LEAH RUEHLICKE
TalentEgg.ca

Working retail does allow you to gain some transferable skills that are valuable in any industry. Regardless of whether you are pursuing your passion for numbers and aiming for an accounting degree or planning to explore the healthcare industry as a registered nurse, your time spent behind the counter at a retail store might prove to be more beneficial than you realized.

Take a look at how those classic points that employers seek on resumés can be supported by your time working the kiosk in the mall.

Handle it!

Ability to problem solve and think on your feet

- If you're working on commission, you've got to sell — meaning you better learn how to handle that customer who says she's "just looking".
- Coming up with creative ways to make sales and converse with customers is going to impress any future employer — and in the meantime, maybe even make you that commission.

Excellent interpersonal skills

First and foremost, working in the customer service industry gives you the chance to spend your entire day communicating with people. You learn to be helpful but genuine. Friendly, yet efficient. You also get the chance to work with diverse groups of people, allowing you to experience and deal with a mixture of personality types.

Effective time-management skills

Your Monday 9 a.m. to 4:30 p.m. shift is followed by Tuesday's 12:30 p.m. to 7 p.m. and Wednesday's 5 p.m. to close.

A flexible schedule forces you to learn how to utilize your time to get everything done. Perhaps you are on the prowl for a more permanent position, or are still trying to fit your badminton games in three times a week. Working a job with ever-changing hours forces you to be on top of things.

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NHL

Malkin hopes to suit up this week

Pittsburgh Penguins centre Evgeni Malkin skated with his teammates on Tuesday morning and is hopeful he can return to the lineup later this week.

The reigning NHL MVP has missed Pittsburgh's last five games with an undisclosed upper-body injury. He worked out by himself then joined the team for a morning skate though he was ruled out for Tuesday night's game against Washington, a 2-1 win for the Penguins.

THE ASSOCIATED PRESS

NBA

James' Ohio visit overshadowed by win streak

LeBron James and the Miami Heat are about to play another game in Cleveland. Yawn.

LeBron James
GETTY IMAGES

That's what a 23-game winning streak will do.

It mutes the LeBron-Goes-Home-Again hype.

But after gutting out a win in Boston on Monday night and what lies ahead, it may no longer be farfetched to think that the record of 33 straight victories set by the 1971-72 Los Angeles Lakers is within Miami's grasp.

"I know the history of the game. To be sitting in second place right now ... for us to be there and doing it in the way we want to do it, it means a lot," James said after the Boston game.

THE ASSOCIATED PRESS

Jarome Iginla is one of the most likely Calgary Flames to be dealt, and he could potentially find himself in L.A. HARRY HOW/GETTY IMAGES FILE

A few Flames for sale, but who's buying?

THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

Reloading

Could the Flames get Tarasenko and Rattie for Iginla, Bouwmeester and Kiprusoff?

Jarome Iginla, Miikka Kiprusoff and Jay Bouwmeester are the most likely Flames names to be dealt before the trade deadline. So what can Calgary expect to receive in exchange?

Because they're surely bound for playoff destinations, the return will likely be prospects and/or draft picks rather than proven NHLers. We've heard Boston, Pittsburgh, St. Louis and Los Angeles as destinations for Iginla. St. Louis would love a left-shot defenceman to balance a blue-line that has three solid right-shot defenders. Carolina, Toronto, Philadelphia and St. Louis might be interested in boosting their playoff aspirations with Kipper in the crease.

Here's a look at the top prospects in some of those teams' systems. Information includes where a panel of scouts ranked them league-wide, according to The Hockey News Future Watch 2013 issue.

Pittsburgh: The Pens have three prospect defencemen ranked among the top 75 and could stand to give up one of them. Olli Maatta (ranked 40th in FW13) is a smart, two-way hitter. The Flames passed on him in the 2012 draft before Pittsburgh took him 22nd. Offence-minded Derrick Pouliot (ranked 42nd) plays a one-way style a lot like Dennis Wideman or T.J. Brodie. Joe Morrow (ranked 63rd), drafted 23rd overall in 2011, was a teammate of Sven Baertschi in Portland and is offence-minded.

Boston: No way the Bruins give up 19-year-old defender Dougie Hamilton. The only other blue-chipper in the system is OHL goalie Malcolm Subban (ranked 45th), but the Flames are already teeming with prospect goalies.

St. Louis: The Blues are loaded with young top-six skill forwards and that doesn't even include Vladimir Tarasenko (No. 1 in FW13), Ty Rattie (ranked 51st) and Dmitrij Jaskin (ranked 52nd). Rattie is a true triggerman from Airdrie and was a recent linemate of Baertschi. Could the Flames get Tarasenko and Rattie for Iginla, Bouwmeester and Kiprusoff?

Los Angeles: Tyler Toffoli (ranked 65th) is a skilled forward and had a nice rookie season in the AHL. Flames should stay away from rearguard Derek Forbort, the 15th overall pick in 2010, who regressed at the college level.

4 SPORTS

Rachel Homan releases a rock during Canada's loss to Sweden on Tuesday in Riga, Latvia. ANDREW VAUGHAN/THE CANADIAN PRESS

Swede and sour results for Canada's Homan

World women's curling championship. Canadians in fourth place after winning one and losing one for second straight day

Canada's Rachel Homan split her games for the second straight day at the world women's curling championship, dropping an 8-4 decision to Sweden on Tuesday night after edging Italy 7-6 earlier in the day in Riga, Latvia.

Sweden's Margaretha Sigfridsson got around a guard with her final throw and knocked Homan's stone from the four-foot ring for the win.

"It was very frustrating to lose that one because we definitely outplayed them," Homan said. "But that happens sometimes, that's curling. You just move on and take the good from that game and keep doing it."

Homan has a 4-3 record after 11 draws, good for a share of fourth place in the round-robin standings. Sigfridsson and Scotland's Eve Muirhead share first place at 6-1 and Russia's Anna Sidorova is third at 5-2.

The United States, Switzerland and Japan are tied with Canada at 4-3. The top four rinks in the 12-team field will make the playoffs.

Round-robin play continues through Thursday night.

Despite the loss, Homan and her coach were quite satisfied with the effort against the 2012 silver medallists. The 23-year-old Ottawa skip felt the Canadians took a step forward Tuesday and felt more settled on the ice.

"If we keep playing like that, we'll be fine the rest of the way," Homan said.

In the afternoon session, Homan hit a draw with her final throw for a win over Italy.

"It was a great last judge by my front end and a great team end," she said. "We made eight shots that end, so it was good."

Canada will play Germany and Switzerland on Wednesday. THE CANADIAN PRESS

Quoted

"You just move on and take the good from that game and keep doing it."

Canadian skip Rachel Homan, who was pleased with her rink's performance but not the result that came with it

NHL

Jackets keep point streak alive

Columbus goalie Sergei Bobrovksy withstood two late goals and Mark Letestu had a goal and an assist as the Blue Jackets beat the struggling Nashville Predators 4-3 on Tuesday night to extend their franchise-record point streak to 11 games. THE ASSOCIATED PRESS

NBA

Nuggets unbeaten in 13 after win in Oklahoma City

Ty Lawson scored 25 points, Andre Miller had 20 and nine assists and the Denver Nuggets beat the Oklahoma City Thunder 114-104 Tuesday night to win a 13th straight game for the first time. THE ASSOCIATED PRESS

MLB

Buehrle wobbly, but Jays offence douses Astros

Mark Buehrle gave up four runs in four innings in the Toronto Blue Jays' 10-6 win over the Houston Astros on Tuesday. Jose Bautista connected on his fourth homer of spring training. THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	52	14	.788	—
Indiana	42	26	.618	11
New York	39	26	.600	12½
Brooklyn	39	28	.582	13½
Atlanta	37	30	.552	15½
Chicago	36	30	.545	16
Boston	36	30	.545	16
Milwaukee	34	32	.515	18
Philadelphia	26	40	.394	26
Toronto	26	41	.388	26½
Washington	23	43	.348	29
Detroit	23	46	.333	30½
Cleveland	22	45	.328	30½
Orlando	18	50	.265	35
Charlotte	15	52	.224	37½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	18	.735	1½
L.A. Clippers	46	21	.687	5
Denver	47	22	.681	5
Memphis	45	21	.682	5½
Golden State	39	30	.565	13
Houston	36	31	.537	15
L.A. Lakers	36	33	.522	16
Utah	34	33	.507	17
Dallas	32	35	.478	19
Portland	31	36	.463	20
Minnesota	23	42	.354	27
Sacramento	23	44	.343	28
Phoenix	23	45	.338	28½
New Orleans	22	46	.324	29½

Note: division leaders ranked in top three positions regardless of winning percentage.

Tuesday's results
Indiana 95 Orlando 73
Milwaukee 102 Portland 95
Denver 114 Oklahoma City 104
L.A. Clippers at Sacramento

Wednesday's games — All times Eastern
Miami at Cleveland, 7 p.m.
Toronto at Charlotte, 7 p.m.
Orlando at New York, 7:30 p.m.
Milwaukee at Atlanta, 7:30 p.m.
Brooklyn at Dallas, 8 p.m.
Boston at New Orleans, 8 p.m.
Utah at Houston, 8 p.m.
Oklahoma City at Memphis, 8 p.m.
Golden State at San Antonio, 8:30 p.m.
Washington at Phoenix, 10 p.m.
Philadelphia at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	31	23	8	0	110	81	46
NY Rangers	29	15	12	2	70	70	32
New Jersey	30	13	11	6	74	84	32
NY Islanders	29	13	13	3	86	96	29
Philadelphia	30	13	16	1	81	92	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	29	19	5	5	92	73	43
Boston	28	19	6	3	82	60	41
Ottawa	30	16	8	6	77	65	38
Toronto	29	15	12	2	86	83	32
Buffalo	30	11	15	4	79	95	26

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	30	16	12	2	80	86	34
Carolina	29	15	12	2	84	82	32
Tampa Bay	29	13	15	1	96	86	27
Washington	29	12	16	1	79	87	25
Florida	30	8	16	6	74	110	22

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	29	24	2	3	100	62	51
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Columbus	30	12	12	6	68	79	30
Nashville	30	11	13	6	70	81	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	28	16	10	2	73	69	34
Vancouver	28	13	9	6	78	80	32
Edmonton	28	11	11	6	69	81	28
Calgary	27	11	12	4	78	91	26
Colorado	28	10	14	4	71	89	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	28	21	3	4	95	69	46
Los Angeles	28	16	10	2	85	71	34
San Jose	28	12	10	6	67	74	30
Phoenix	29	13	12	4	77	82	30
Dallas	28	13	12	3	73	84	29

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Tuesday's results
Winnipeg 3 Boston 1
Ottawa 5 NY Islanders 3
Pittsburgh 2 Washington 1
Florida 4 Carolina 1
Columbus 4 Nashville 3
NY Rangers 3 New Jersey 2
Buffalo 3 Montreal 2 (OT)
St. Louis at Vancouver
Phoenix at Los Angeles

Monday's results
NY Rangers 2 Carolina 1 (SO)
Tampa Bay 4 Philadelphia 2
Dallas 4 Calgary 3
Chicago 5 Colorado 2
Minnesota 3 Vancouver 1
Anaheim 5 San Jose 3
Los Angeles 4 Phoenix 0

Wednesday's games
All times Eastern
Tampa Bay at Toronto, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Dallas at Colorado, 9:30 p.m.
San Jose at Edmonton, 9:30 p.m.
Chicago at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	13	35	48
Stamkos, TBL	21	19	40
Kunitz, Phg	18	22	40
St-Louis, TBL	7	31	38
Kane, Chi	16	21	37
Staal, Car	14	20	34
Getzlaf, Ana	11	22	33
Tavares, NYI	17	14	31
Vanek, Buf	14	17	31
Voracek, Phi	13	18	31
Duchene, Col	12	19	31
Ribeiro, Wash	10	21	31
Datsyuk, Det	9	21	30
Semin, Car	8	22	30
Zetterberg, Det	8	22	30
Neal, Phg	17	12	29
Ladd, Win	14	15	29
Toews, Chi	14	15	29
Moulson, NYI	11	18	29
Stewart, StL	14	14	28
Parenteau, Col	12	16	28
Letang, Phg	3	25	28

Tuesday's games not included

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Another feather in Peter Schreyer's hat

ALL PHOTOS WHEELBASE

2014 Kia Forte

- **Type.** Four-door, front-wheel-drive compact sedan
- **Engine (hp):** 1.8-litre DOHC I4 (148); 2.0-litre DOHC I4 (173)
- **Transmissions.** Six-speed manual (1.8); six-speed automatic (optional on 1.8, standard on 2.0)
- **Base price (including destination).** $17,500 (estimated)

Design

The Forte's looks for 2014 have been dramatically changed from play-it-safe conservative to fashionably sophisticated. The car contains elements of the Elantra, particularly above the beltline with its dramatically sloping windshield, while the distinctive familial "tiger nose" provides an important point of differentiation. Overall length has increased by about 2.5 centimetres, while the distance between the front and rear wheels has been extended by five centimetres. That stretch pays off in added legroom for front and rear passengers, but a lower roofline means there's a bit less total passenger volume than before.

Good design can't be translated unless the quality and materials are first rate. Kia brings that along in lockstep.

Engine

Also dialed back somewhat is the Forte's power. The new base 1.8-litre engine (also shared with the Elantra) pumps out 148 horsepower and 131 pound-feet of torque, compared with 156 horsepower and 144 pound-feet for the previous base 2.0-litre. The now-optional 2.0-litre four-cylinder (that surprisingly is not on the Elantra sedan's menu) produces 173 horsepower and 154 pound-feet of torque.

Fuel economy

Official fuel-economy stats (a touchy subject for Hyundai/Kia lately, given its recent recanting of fuel economy claims on certain models) have yet to be released, but the numbers for the base 1.8 should be in the 7.0-l/100-km range in the city and about 5.0-5.5 on the highway.

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Chevy HHR a decent ride

Second Gear.
2006 to 2011
Chevrolet HHR

JUSTIN PRITCHARD
drive@metronews.ca

The Chevrolet HHR was a crossover wagon that rode the same platform as the Chevrolet Cobalt, was powered exclusively by four-cylinder engines and offered up retro styling, a flexible cabin and relatively low operating costs.

Look for feature content including Bluetooth, a sunroof, keyless entry, power accessories, leather-wrapped accents and more. Shoppers should note that LS models were the more "basic" HHR units, while LT models were more loaded.

Common Issues

Key concerns on a used HHR tend to centre around electric steering system failure, which could cause a loss of power assist.

This may startle drivers and could result in an accident. Thankfully a recall addressed this situation, and your local GM dealership has more details.

Check the automatic gear shifter for proper operation, ensuring it shifts with no hesitation or difficulty. A faulty shifter button, cable and/or brake interlock switch could be to blame if that's not the case. You'll also want to note the ease of starting the engine and removing the key afterward, as some owners have reported issues with the ignition key.

Hard or aggressive shifting from a model with the automatic gearbox could be a sign of a problem with a sensor or computer module controlling the gearbox.

Finally, note any clunking or popping noises, especially from the front end, which could be evidence of a worn-out suspension part.

Engine

Look for a 2.2 litre engine with 143 horsepower or a 2.4 litre with 172. Engine output was increased slightly in 2007, and all models got a four-speed automatic or five-speed manual transmission that drove the front wheels.

What owners like

Ride quality, handling, fuel mileage and interior flexibility were all highly rated by HHR owners taking to the web. Smooth and refined powerplant performance was also noted.

What owners dislike

Fussy seat controls, manual transmission shifter feel and rearward visibility, alongside blind spots, were among the HHR's more common complaints.

Verdict

Lower-than-average resale value combine with low running costs and high flexibility make a well-maintained, mechanically fit HHR a decent used buy. Just have that power steering system checked out.

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Automobile manufacturers have come up with a way to help drivers reduce fuel use and prevent unnecessary engine idling.

Idle start-stop systems are a proven technology that has been successfully deployed over the past 10 years in hybrid vehicles.

Manufacturers have also begun to make these technologies available in conventional vehicles sold in Canada.

Idle start-stop systems reduce fuel consumption and exhaust emissions by turning off the engine when the vehicle is stopped and during deceleration at low vehicle speeds.

The system automatically restarts the engine when the driver hits the accelerator. In hybrids, when the car comes to a stop, the engine computer cuts the spark and the fuel. When the foot is lifted off the brake, the engine fires back up.

Idle stop systems offer significant benefits in urban driving where stop-and-go traffic is frequent, and can reduce urban fuel consumption by four to 10 per cent depending on the technology used and specific driving conditions.

The technology is designed to provide seamless operation so that drivers are not inconvenienced while driving.

More information on fuel consumption, purchasing fuel-efficient vehicles, and fuel-saving driving behaviours is available online at vehicles.gc.ca.

NEWS CANADA

Idle stop-start systems can reduce fuel consumption. NEWS CANADA

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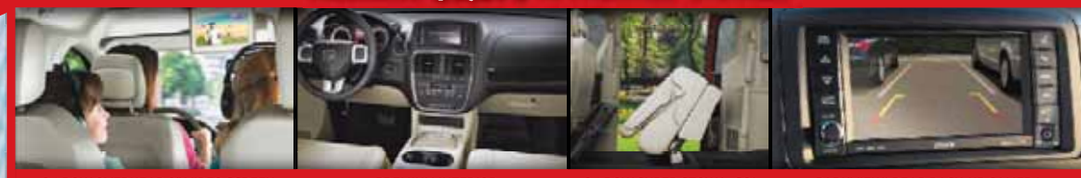

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FOR MORE GREAT OFFERS

No need for flannel with Forester's new technology

AUTO PILOT
Mike Goetz
drive@metronews.ca

Why is our correspondent driving the 2014 Subaru Forester with two wheels on a roller? Apparently, "it's fun." It was also Subaru's way of showing how cleverly the Forester's AWD system could carry on when both wheels on one side of the vehicle were completely traction deprived. CONTRIBUTED

Some technological shifts take place over decades. Others take longer. We're still waiting, for example, for banking institutions to take less than five business days to clear a local cheque, even though they collectively possess more data transfer technology than the team of international engineers working on the World Space Station.

But let's talk about a technological shift that's more fun — how vehicle off-road technology is evolving from hardware to software.

Before computers crept into vehicles, if you wanted to go up a rugged hill with a 35-degree slope, you needed a squarish Jeep or Land Rover complete with locking differentials and hubs, a set of lower gears, a transfer case to select 4x4 and those lower gears, stiffer and bigger springs, skids plates, and tires so knobby that ground squirrels could live in their grooves for weeks. All manly and beefy stuff.

And the driving itself was equally rugged. Levers had to be pulled with some force. Braking, steering, shifting and gas pedalling all needed to be ratcheted up several notches over normal "on-pavement" standards.

You might step into an off-road vehicle like a highly evolved man or woman, but once fully 4x4 engaged, you would start grunting instead of using your words, shirt material would magically turn to flannel and your shut-down chainsaw would intermittently murmur in anticipation.

But no such transformation took place last week when we had an opportunity to try out the all-new 2014 Subaru Forester and its new-fangled off-road system. To keep Forester as one of the more capable off-roaders in its segment, Subaru updated its AWD system, but not so much with anything meaty and metally — more by making it smarter, through software.

Unlike the previous system, this AWD system talks to the steering wheel, the yaw rate sensor (how the vehicle rotates on its centre axis), and a device that measures transverse acceleration (I only wish I knew how to explain that).

Also new is X-Mode. Hit the X-mode switch on the console and Forester is transformed into a slow-speed off-road rock star (only works under 40 km/hr).

Some of the things it does: makes the throttle easier to feed in small amounts of power when going uphill; makes the throttle easier to more quickly feed in power when traversing rough roads and keeps a lower gear longer with no torque convertor lock-up.

Because the VDC system is already capable of applying brakes and throttle to keep a vehicle from spinning out of control, Subaru uses the functions to give us X-Mode's "Hill Descent" feature. Just point the vehicle down a steep hill and keep your feet off the brakes and throttle. The system automatically brakes and maintains the appropriate speed.

Got a heavy foot? Honda's Econ function fixes that

Fuel economy goes up by using the Econ function, but a little bit of performance is sacrificed. COURTESY HONDA CANADA

Driving Force. Fuel savings may be as high as six per cent

JIL MCINTOSH
drive@metronews.ca

No matter what type of vehicle you're driving, your fuel economy will improve if you keep a light foot on the throttle. Many automakers are now making it easier by including an "Economy" button that will help do it for you.

"The Econ button has the ability to make you drive gently," says Hayato Mori, manager of product planning for Honda Canada. "It will feel like your engine just went down one size. The car functions fine, but if you're used to certain acceleration, you sacrifice a bit of performance for fuel (savings)."

The Econ button affects the throttle response and air conditioning, along with the transmission on automatic-equipped vehicles.

Most cars no longer have a cable or mechanical linkage connecting the throttle pedal to the engine. Instead, your foot pressure on the pedal sends an electronic signal to a computer that determines how much fuel to send to the engine.

Since hard "jackrabbit starts" are wasteful, the Econ system regulates a gentler throttle response, although you'll still have power to get up to speed or to pass other traffic.

Staying in a lower gear as your speed increases makes your engine work harder. An automatic transmission will always shift gears when the engine speed is high enough that the next gear is appropriate. But in Econ mode, the transmission will shift into the higher gears as soon as possible to reduce the load on the engine, which also saves fuel.

The Econ system won't have any control over a manual transmission, where it's up to the driver to shift gears, but there may be an upshift light in the dash. This advises the driver, based on the engine speed, when he should shift to a higher gear for better fuel economy.

Finally, when the Econ button is activated and the air conditioning is on, the system will limit the length of time the a/c condenser runs. The condenser uses engine power, so while the cabin may be slightly warmer than with full a/c, you'll notice a difference in fuel consumption.

Several Honda vehicles have lights in the instrument cluster, which coach you to drive more efficiently by changing from green to blue if your foot's too heavy. "If you follow the coaching lights and use the Econ button, you can get up to four and possibly six per cent savings in fuel," Mori says.

More tips

- Many vehicles have a "Sport" button, which works opposite to an Econ button: it quickens throttle response, holds lower gears longer, and on some, tightens the steering feel for sportier performance.
- Your fuel economy will always improve if you accelerate gently, and use steady throttle pressure to maintain your speed.

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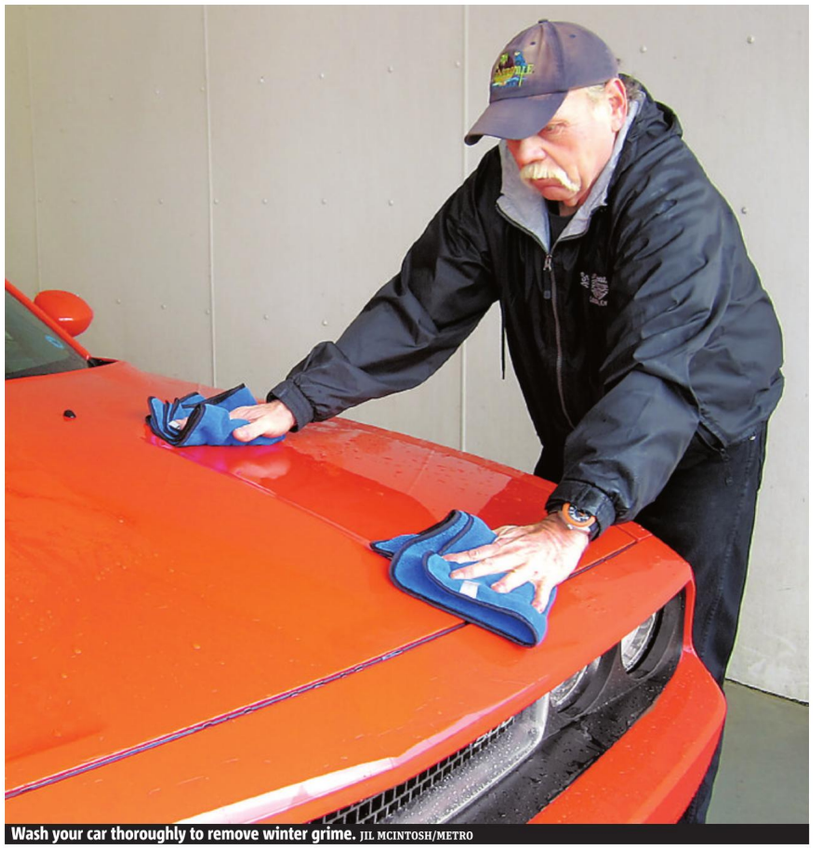

Wash your car thoroughly to remove winter grime. JIL MCINTOSH/METRO

Show your car some love as the weather heats up

Spring cleaning. Get rid of winter grime that can damage your car's components

JIL MCINTOSH
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It often feels like it takes forever, but eventually winter turns into spring. And when it does, your car will benefit from some extra attention to get it ready for nicer weather.

"First and foremost, know how your vehicle handled itself through the winter," says Ben Spatafora, national director for CarCostCanada. "Imperfections will usually come to the surface through inclement weather."

Thoroughly clean the car inside and out to get rid of winter grime. Salt build-up on the underside can eventually damage the components. Spraying under the car with a pressure washer or high-powered hose at the coin-operated wash can help to remove much of this.

Salt can also affect the interior, building up on carpets and corroding the metal mounting brackets that hold the seats in. Cleaning the floor completely will help prevent expensive damage.

When the car is clean, look for small scrapes or dings that could turn into rust if they're not touched up. There can also be hidden damage, especially since you might have hit potholes or curbs that were hidden by snow. "It's not a bad idea to get the vehicle inspected by a licensed mechanic," Spatafora says. "Have him inspect the components for damage and imperfections."

A lot has happened under the hood all winter, as well. Engine oil tends to get thicker in cold weather and thinner with heat, so oil companies blend different viscosities for optimum performance. Changing your oil in spring to a summer weight will remove dirty oil that's past its prime and replace it with the appropriate summer blend.

Extreme temperatures are hard on rubber parts, so have the technician check all of the hoses and belts to be sure they haven't cracked or softened.

Plastic headlights can oxidize and turn cloudy. Auto parts stores sell easy-to-use kits to polish them, which will improve your visibility at night.

Tips

- Whenever you're driving, listen for any unusual noises in your car, or changes in the way the brakes or steering feel. If you catch problems early, repairs usually cost less.
- If you use winter tires, switch to all-season or summer tires as soon as the weather turns warmer, to avoid premature wear on them.

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
As of today, all the pieces of your jigsaw that failed to fit will at last fall into place. You will know who you are, what you want and that surely you will get it.

♉ Taurus
April 21 - May 21
You seem to feel guilty about something and with the Sun moving into the most sensitive area of your chart today, it could all get a bit much for you. Get a grip!

♊ Gemini
May 22 - June 21
Don't leave people guessing today. Tell them exactly what you mean. Over the next few weeks, you will find it easy to win friends and influence people. So, speak up and when necessary, speak loudly.

♋ Cancer
June 22 - July 23
You can and you must pursue your own ambitions, whatever they might be. According to the planets, this is a make or break time as far as your reputation is concerned. Be positive and be ready to move up.

♌ Leo
July 24 - Aug. 23
You may find yourself called upon to help someone in need today and, of course, you will assist in any way you can. However, do not — repeat, not — lend them money because chances are you won't see it again.

♍ Virgo
Aug. 24 - Sept. 23
If you have fallen out with a friend or family member now is the time to kiss and make up. But make sure any apology you make sounds sincere or you could find yourself in deeper water than before.

♎ Libra
Sept. 24 - Oct. 23
Your needs must come first. As the Sun moves into your opposite sign today so partners and colleagues will expect you to do everything for them. Put your foot down right from the start, on their toes if necessary!

♏ Scorpio
Oct. 24 - Nov. 22
Don't leave anything to chance: Stay on top of work and money matters and make sure you are the only one who can make things happen. If you let others make decisions for you, they may take your power.

♐ Sagittarius
Nov. 23 - Dec. 21
There is excitement in the air. You know that something wonderful is going to happen. And so it is, but don't be too disappointed if it is not quite as wonderful as you expected. It will get better as time goes on.

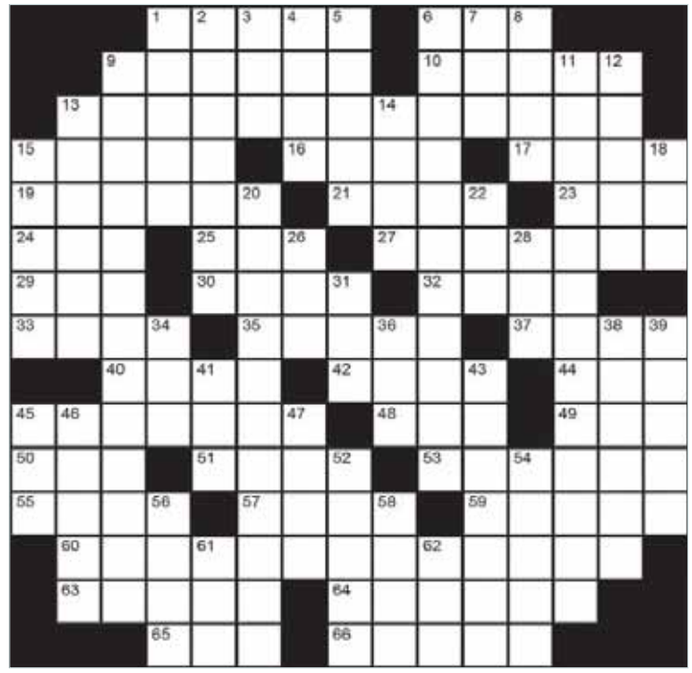
♑ Capricorn
Dec. 22 - Jan. 20
There are days when all you want to do is watch the world go by from the safety of your armchair, and this is one of them. Not even a Capricorn can be a mover and shaker all the time.

♒ Aquarius
Jan. 21 - Feb. 19
Your mind may be full of good ideas but how many of them will see the light of day? Too often in the past you have failed to follow up on your insights, but now you must. It's your turn to shine.

♓ Pisces
Feb. 20 - March 20
The Sun may be leaving your sign but that does not mean the good times are ending. On the contrary, you will soon enjoy rewards of the efforts you made in recent weeks. SALLY BROMPTON

Crossword: Canada Across and Down

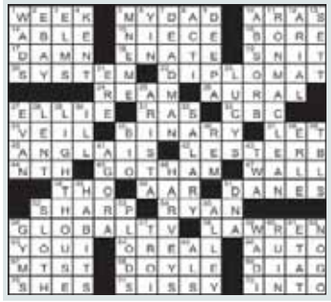
BY KELLY ANN BUCHANAN



Across
1. Salma Hayek movie
6. Dance style
9. Shut
10. Wiseguy, Smart __ [var. sp.]
13. "Wondering Where the Lions Are" singer/songwriter: 2 wds.
15. Erased
16. Knight's heraldic wreath
17. Enjoy a novel
19. Namesakes of Mario's brother in Nintendo games
21. Lunchtime
23. "Law & Order: _ _ _"
24. Assn.
25. Lid's protectee
27. Like the stone of a foot file
29. Fitness system, __ Bo
30. Rosebud, for one
32. Prong
33. Word segment, for short
35. Grassland of South Africa
37. Empire of Peru
40. Ms. O'Grady of "Eight Is Enough"
42. Toward: French
44. Carson Daly's li'l old MTV show
45. Coming into sight: 2 wds.
48. Big Apple toy store, _ _ _ Schwarz
49. Vintage auto
50. Utah's capital [acronym]
51. Cup _' __ (Hot drink, informally)
53. Boorish beings in Jonathan Swift's book Gulliver's Travels
55. North Pole laugh: 2 wds.
57. Village People hit
59. Gets boring
60. One of Queen Elizabeth's royal residences: 2 wds.
63. Fresco-__ (Painting technique)
64. Permeates
65. "Ich bin __ Berliner."
66. Feats

Down
1. Thrown site of the Canadian Pacific Railway's 'Last Spike'
2. Western Canada mountains
3. 'Expert' suffix
4. Design style, Art __
5. Embellish
6. Fast food item for 'to go' customers: 2 wds.
7. Religious robe
8. Fear: French
9. 1885: British Columbia
11. Croissants: 2 wds.
12. Card deck's Jack
13. __-__ and DVD
14. Hoof sound
15. Ink stains
18. Flop
20. Ian's folk duo partner: 2 wds.
22. Acr. for first-last names only people
26. Wide shoe width
28. 'Tortell' ender (Stuffed pasta)
31. Gladiator's 555
34. "Well, __-di-dah!"
36. Word's meaning, for short
38. Elvis flick, "King __" (1958)
39. At _ __ for words
41. Prefix with 'classical'
43. Dishwater bubbles, but just one here: 2 wds.
45. Informally seat theatre-goers
46. Works the land
47. Record deal dreamer's creation, commonly
52. Bitter
54. Detests
56. Irish film of 2006 about two songwriters
58. Pinnacle
61. 601 in ancient Rome
62. Homer's dad on "The Simpsons"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1		8	3		6	2		7
		6	5		1	8		
	5						4	
			9		2			
2								8
			4		8			
	6						8	
		4	8		3	9		
7		1	2		5	4		3

Yesterday's Sudoku

6	2	3	5	4	7	1	8	9
7	4	1	9	3	8	5	6	2
8	9	5	6	1	2	4	3	7
2	5	6	4	6	1	9	7	3
1	3	6	7	9	5	8	2	4
4	7	9	2	8	3	6	1	5
5	6	7	8	2	4	3	9	1
9	1	2	3	5	6	7	4	8
3	8	4	1	7	9	2	5	6

Weather

TODAY	THURSDAY	FRIDAY
MAX: 9° MIN: -3°	MAX: 4° MIN: 1°	MAX: -7 MIN: -12°

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